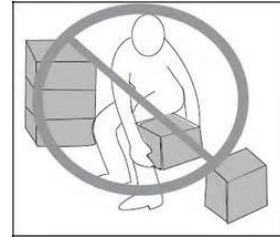


SPINE PRECAUTIONS

- **No BLT – Bending, Lifting, Twisting**
 - Avoid **B**ending your spine (back/neck)
 - Avoid **L**ifting more than 5-10 lbs
 - Avoid **T**wisting your spine (back/neck)
- Avoid pushing and pulling
- Avoid sitting for extended lengths of time (greater than 30-45 minutes)



Follow these precautions until cleared by your spine surgeon

HOME SAFETY

(prepare before spine surgery)

- Remove throw rugs
- Keep floor clear of cords and clutter
- Use a nightlight
- Use a rubber mat in the shower & a bathmat outside of shower
- Install grab bars in shower and by toilet if needed
- Place frequently used items within easy reach to avoid bending and twisting
- If needed, rearrange furniture prior to spine surgery to enable a clear pathway for walking throughout the home
- Stock up on groceries to avoid need to shop
- **Arrange for extra help after spine surgery**

LOG ROLLING IS REQUIRED TO GET IN/OUT OF BED

Transferring into bed:

- Sit on the side of your bed toward the top 1/3rd
- Use your arms to help lower yourself onto your side while bringing your legs onto the bed
- Keeping your knees bent, roll onto your back



Transferring out of bed:

- While lying on your back, bend your knees.
- Roll your hips and shoulders at the same time to turn onto your side.
- Push yourself up with your arms while lowering your legs off the side of the bed.