SPINE PRECAUTIONS

- No BLT – Bending, Lifting, Twisting
  - Avoid bending your spine (back/neck)
  - Avoid lifting more than 5-10 lbs
  - Avoid twisting 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.