

When can I start?

Light work – 6 weeks +

Heavy work – 3-6 months

Driving – Discuss with your consultant

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**

Useful website: www.spine-health.com

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Neck Surgery (ACDF)

Physiotherapy Advice



Welcome to exceptional healthcare



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What have I had done?

ACDF stands for Anterior Cervical Discectomy and Fusion. During this procedure your surgeon will remove the disc and bony spurs that were irritating the nerve with the aim of alleviating your symptoms. The two vertebrae are then fused together.

Will I experience pain?

It is normal to feel pain after surgery from the wound itself and from the structures involved. While your neck heals you may experience 'shadow pain' in your arm. While the operation site heals there will be swelling which may irritate the nerve that has been freed. Your pain should settle down over the next 12 weeks. Make sure you take the medications as prescribed, in order to manage your pain effectively.

What should I avoid?

Lifting, pushing, pulling heavy or awkward objects
Driving until cleared to do so by your consultant
Activities with the potential for falling or physical contact (such as sports) unless approved by your consultant
Prolonged upright sitting.

What can I do to help myself?

Take pain relief as advised by nursing staff.

The gentle range of movement exercises provided by your physiotherapist (see overleaf) Increase your postural awareness (as discussed with your physiotherapist) Take your pain relief as prescribed Walking - increase distance as comfortable.



What exercises can I do?

In sitting, tilt your head toward one shoulder until you feel a gentle stretch on the opposite side. *Hold 3 seconds and repeat toward the other side. Repeat 5 times. Do throughout the day as comfortable.*



In sitting, turn your head to one side until you feel a gentle stretch. *Hold 3 seconds. Keep shoulders square. Repeat to the other side. Repeat 5 times. Do throughout the day as comfortable.*



Sit or stand. Lift your shoulders towards your ears. *Hold for 3 seconds. Relax back to starting position. Repeat 5 times. Do throughout the day as comfortable.*



Sit or stand with hands clasped in front of you. Lift your hands above your head. Hold 3 seconds. **Keep chin in neutral position throughout movement, do not move head to allow the movement to go further.** *Repeat 5 times. Do throughout the day as comfortable.*