

When can I start?

Heavy work – 12 weeks +

Driving – Discuss with your consultant

Swimming – 6 weeks, discuss with your physiotherapist

(If you have been referred elsewhere please contact them for further information on your appointment.)

Your follow up Physiotherapy appointment:

DATE : TIME :

PHYSIOTHERAPIST :

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**



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Registration No. 03471084 ©Aspen Healthcare Ltd 2019



issue Feb 2020 / review Feb 2022 / version 1



Spinal Surgery

Physiotherapy Advice



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

What have I had done?

You have had your surgery to relieve the pressure on a nerve in your lower back which is causing uncomfortable symptoms in one or both of your legs. Full details regarding the specifics of your surgery will be explained to you by your consultant.

Will I experience pain?

Take pain relief as advised by nursing staff.

You are likely to experience pain in the lower back (for up to 12 weeks) due to the operation and adaptation to change in posture. The pain may be worsened on activity, which is normal. You may experience pins and needles, numbness or other sensations in the same places as before the operation or sometimes in new areas, which is normal and should ease off around 12 weeks post op.

The nerve will be irritable post op and it can easily be aggravated by swelling from your operation, which is normal. You will be prescribed pain relief to take home; this is to be used to ensure you can meet all recovery goals.

If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.

What should I avoid?

Sitting in low chairs, deep couches or chairs with little back support
Sitting over 15 mins in an hour, for the first 4 weeks. Alternate between standing/walking/lying flat for the remaining 45 mins. Sitting is better kept to a minimum over the first 12 weeks to avoid aggravating your symptoms. It is advisable to avoid sitting over 30 minutes after 4 weeks post op whenever possible
Lift, push or pull heavy/awkward loads
Pushing through severe pain with any activity.

What can I do to help myself?

Take pain relief as advised by nursing staff.

Get in and out of bed using the log roll technique
Gradually progress your walking distance, as comfort allows
If uncomfortable then change position.

Should I be aware of further complications that can occur?

If you suffer an unusual change in your bladder or bowel control and/or a loss of sensation in your genital/anal area please contact your GP immediately or go to A&E.



Exercises

These exercises are important to allow you to return to normal function. **3 x daily, increase repetitions as comfort allows.**

In standing, gently bend your trunk sideways as far as comfort allows. **Do not work into pain.** Keep your hips in neutral throughout the exercise and try not to lift your opposite hip when leaning. It is normal for your comfortable range to vary between sides; this is due to the nature of your operation.
5 repetitions to each side.

Lying on your back with your knees bent.
Gently roll your knees side to side, keeping your upper body completely still.
10 repetitions.

Lying on your back. Pull one knee towards your chest. You should feel a gentle stretch along the back of your thigh and your buttock.
Hold 2 seconds. Increase hold as comfort allows.
5 repetitions on each leg.

Although these exercises may seem similar to ones you have done previously, you may have been taught to do them in a different way.