LUMBAR LAMINECTOMY PHYSICAL THERAPY POST OP PROTOCOL

**PHASE 1** – (WOUND HEALING AND PROTECTION – OUTPATIENT PT STARTS AT 2 WEEKS)

**OBJECTIVES:** Pain control, wound care. Patient to focus on good body mechanics. Resume driving as tolerated. Limit driving to short intervals < 30 min. time and progress walking to 10+ min, 2x/day.

**PRECAUTIONS:** Avoid extension and rotation beyond neutral. NO lifting > 15 lbs. and sitting for > 30 min./time.

**RADICULAR SYMPTOMS MAY COME AND GO THROUGHOUT RECOVERY. ANY NEW WEAKNESS, SEVERE PAIN OR GLOBAL NUMBNESS SHOULD BE REPORTED TO SURGEON/PA**

<table>
<thead>
<tr>
<th>DIRECT DECOMPRESSION BY REMOVAL OF THE LAMINA AT SURGICAL LEVEL(S).</th>
<th>MIDLINE INCISION – DERMABOND CLOSURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>INCLUDES FORAMINOTOMY FOR DECOMPRESSION OF AFFECTED NERVES</td>
<td>SURGICAL SITE/INCISION: OK TO GET WET – DO NOT SUBMERGE.</td>
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<tr>
<td>MAY INCLUDE REMOVAL OF HARDWARE IF VERTIFLEX DEVICE PREVIOUSLY USED</td>
<td>OCCASIONAL SEROSANGUINOUS DRAINAGE FROM INCISION SITE.</td>
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<tr>
<td>MORE THAN ONE LEVEL – WEARING BRACE FOR UP TO 4 WEEKS.</td>
<td>DO NOT APPLY LOTIONS/BALMS/OINTMENTS OR OILS TO INCISION.</td>
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<tr>
<th>PHYSICAL THERAPY:</th>
<th>EXERCISES:</th>
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**PHASE 2 – 4-8 WEEKS (FUNCTIONAL STRENGTHENING PHASE)**

**OBJECTIVES:** Wean off pain medication – if not already off. Independent with body and lifting mechanics.
Able to tolerate 30 min. cardio/day. Incision healed with no soft tissue restrictions/muscle spasm.
Community driving OK – take breaks every 30 min. for up to 3 months if driving longer distances.

<table>
<thead>
<tr>
<th>IF NEW OR WORSENING RADICULAR SYMPTOMS – REFER BACK TO SURGEON/PA.</th>
<th>PATIENT NO LONGER REQUIRING BRACE (WEAN OFF).</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP/LATERAL WITH FLEXION /EXTENSION VIEWS WILL BE DONE TO IDENTIFY NEW INSTABILITY</td>
<td>LIFTING: BEGIN AT 15 LBS. AND INCREASE TO NO RESTRICTIONS AT 6-8 WEEKS. (dependent on core strength)</td>
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<td>NO ROM “LIMITS” AFTER 4 WEEKS BUT REVIEW MINIMIZING REPEATED FACET LOADING ACTIVITIES FOR UP TO 8 WEEKS.</td>
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**BODY MECHANICS:** REVIEW CONCEPTS OF FACET LOADING AND HOW TO MINIMIZE.

**CARDIO:**
- WALKING: 2 WEEKS – NOW 15-30 MIN./TIME.
- STATIONARY BIKE/WATER EXERCISE: 4 WEEKS
- PILATES: 6 WEEKS
- ELLIPTICAL/YOGA/SWIMMING: 8 WEEKS
- GOLF/HUNTING/RUNNING/SKIING: 12 WEEKS

**EXERCISES:**

**TA ACTIVATION:**
- Supine marching (can add weights)
- Supine hook ly. – knee extension (+ weights)
- Dead bugs
- Straight leg lift
- Ball kneel planks

**GLUTE ACTIVATION:**
- Bridges (add ball if able) double/single leg
- Side lying clams/abduction (add band if able)
- Bird dog – alternating leg/arm extension
- Airex balance – tandem/single leg

**UPPER AND LOWER EXTREMITY STRENGTH:**
- Airex/block step ups/ overs, wall squats, BOSU squats
- Ankle weights – knee extension, marching, hamstring curls
- Theraband - rowing, pulldowns, punching
- UBE
- Cable column: diagonals (flexion>extension)