



POST-OPERATIVE INFORMATION AND CARE

No lifting of more than 5kg for the first 12 weeks

To wear hard brace at all times for 6 weeks and then soft brace for 2 weeks

May remove cushioning when showering

No driving for 6 weeks

GETTING IN AND OUT OF BED



ADL - LOG ROLL

GETTING IN BED:

Start by sitting on the edge of the bed. Next, lower yourself down lying on your side using your arms. Once fully on your side, roll onto your back. When rolling be sure your knees stay bent and that you roll your whole body together as one unit. Your shoulders, pelvis and knees all roll as one.

GETTING OUT OF BED:

Start by bending your knees and then roll onto your side. Reach your arm across your body to initiate the rolling. When rolling, be sure that you roll your whole body together as one unit. Your shoulders, pelvis and knees should all roll together. Once on our side, tip yourself up to sitting using your arms.



EXERCISES

ISOMETRIC BACK AND FRONT

Place your fingers on the back of your head and gently push your head evenly against the resistance, without any movement occurring. Do this for the Front and Back of your head,

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Times a Day



ISOMETRIC SIDE

Place your fingers on the side of your head and gently push your head evenly against the resistance, without any movement occurring. Do this for the Left and Right side of your head,

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Times a Day



Outward Pull with Band

Sit with good posture and no neck movement. Hold an elastic band with both hands. Gently pull band outward, keeping elbows bent at 90 degrees, and squeeze your shoulder blades together.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Times a Day



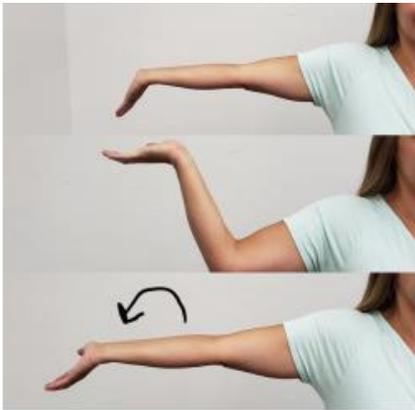
Video # WTD7NGFF



Scapular Retraction

Place band around feet, while long sitting, pull the band towards your sides BENDING your elbow and SQUEEZING your shoulder blades together

Repeat 10 Times
Complete 1 Set
Perform 3 Times a Day



Nerve Flossing

1. Extend wrist with elbow straight
2. Keep wrist and elbow extended then perform clockwise and counterclockwise circles
3. Bend elbow and make upside down telephone

Repeat 8 Times
Complete 1 Set
Perform 3 Times a Day