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## **POST-OPERATIVE INFORMATION AND CARE**

- No lifting of more than 5kg for 12 weeks
  - Avoid extension beyond 10 degrees, bending and twisting (squat)
  - Wear brace for 12 weeks
  - You are not allowed to sit for the first six weeks
  - Not allowed to drive for the first 6 weeks post operatively
  - Wear the brace at all times e.g. whilst sleeping and in the shower
  - When sleeping, lie flat on your back or on your side with a pillow between your knees and a pillow wedged behind your back.
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### **GETTING IN AND OUT OF BED**



#### **ADL - LOG ROLL**

##### **GETTING IN BED:**

Start by sitting on the edge of the bed. Next, lower your self 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.

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## EXERCISES

### ANKLE PUMPS



Bend your foot up and down at your ankle joint as shown.

Video # VVCN9JKTM

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day

### QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS



Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Video # VVQ28PB2N

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

### STRAIGHT LEG RAISE



While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area. Keep your knee in a straightened position during the stretch.

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

### SUPINE HEEL SLIDES - AAROM



While lying on your back place a belt, towel, strap or bed sheet around your foot and start by pulling with your arms to bend your knee into a bent position. Then allow your knee to straighten back out to starting position and repeat.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day



Video # VYVGK8MVT



### Supine Sciatic Auto neural Mob 2

Lie on you back, with a table up at a comfortable angle (the angle should be slightly out of the symptoms (not causing sciatic nerve pain). Flex your neck as you plantar flex the foot on the affected side. Then extend your neck as your dorsiflex. Continue to use this pump action.

**Repeat** 10 Times  
**Complete** 1 Set  
**Perform** 3 Times a Day



### Quad Sets with VMO

Quad Sets with VMO:

Sitting down with legs straight in front, place a rolled up towel under the knees and a ball or pillow between the knees. Activate your thigh muscle to push down on the towel and squeeze the ball/pillow at the same time.

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

### STRAIGHT LEG RAISE

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Video # VVBVU5P69



**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day

### PIRIFORMIS STRETCH

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day





**Meyer**  
PHYSIOTHERAPY

### **Transversus Abdominis (TA)**

The transversus abdominis muscle is the deepest of the abdominal muscles and is one of the main stabilisers of the lower back and pelvis. The orientation of the muscle is similar to a corset, whereby it wraps around your lower abdomen and attaches to your lower back.

When the muscle contracts it acts like a back brace stabilising your spine and supporting your lower back. However, we would not recommend using a lumbar brace/support or belt. Research has proven this to have a detrimental effect and actually weaken the core muscles.

To activate your TA

- Lying on your back with your knees bent up and feet flat on the bed.
- Slowly draw your belly button down and inwards (away from your belt line).
- Breathe normally. Do not hold your breath.
- Your rib cage should remain relaxed and should not lift up during this process.
- You should be able to feel the muscle contracting.
- Gently hold this muscle at 20 – 30% of a maximum contraction. Do not brace/tense the rest of your body.

### **Pelvic Floor (PF)**

The PF muscles are the muscles located between your legs and run from your pubic bone at the front, to the base of the spine at the back. As their name suggests, they form the floor of the pelvis. They are shaped like a sling holding your pelvic organs (bladder and bowel) in place. The pelvic floor muscles form



an integral part of your spinal support musculature and as such, it is important to maintain the strength in these muscles.

To activate your PF

Correct technique is very important when doing PF muscle exercises. You should feel a distinct 'lift and a squeeze' inside your pelvis. The lower abdomen may flatten slightly, but try to keep everything above the belly button relaxed and breathe normally.

It is important to remember that this is a "secret exercise", as only the PF muscles should be working; this is an exercise that no one can see you performing!

When learning how to activate the PF men and women often find different teaching methods beneficial:

- Lie on your back with your knees bent up and feet flat on the bed.

### **Women**

Squeeze and draw in the muscles around your vagina and back passage together – as if stopping yourself from passing urine and wind at the same time. You should feel the distinct lift and squeeze of your PF, as if closing and zipping up your back and front passages.

### **Men**

Squeeze and draw in the muscles that control your bladder and back passage together - as if stopping yourself from passing urine and wind at the same time. You should feel the distinct lift and squeeze of your scrotum upwards.

- Breathe normally and gently hold this muscle contraction at 20 – 30% of a maximum contraction. Hold for 5–10 seconds. Repeat 10 times