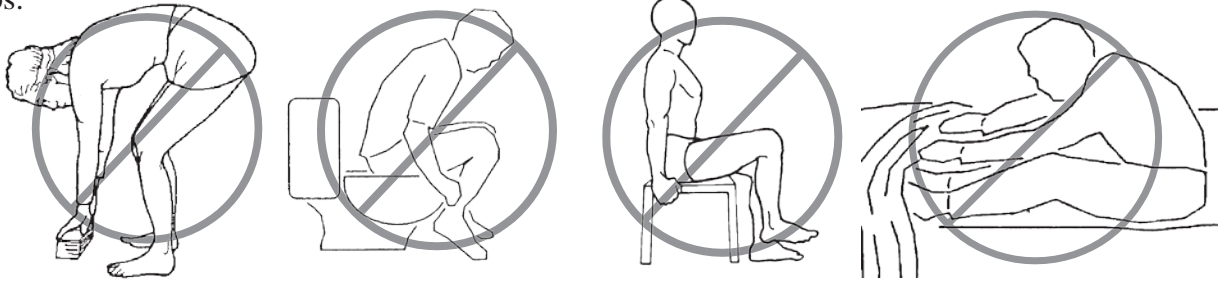


Post Surgical Spinal Precautions – Lumbar Surgery

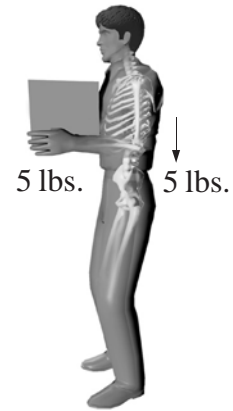
1. Do not **bend** forward at the waist more than 90° or raise knees higher than hips.



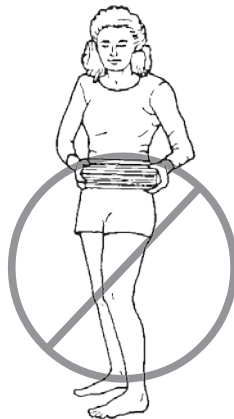
2. Do not **lift** more than 10 pounds.

For example:

- 12-pack of soda.....10 pounds
- Gallon of milk.....8.8 pounds
- 2 liters of soda7.8 pounds
- Large saucepan1 pound

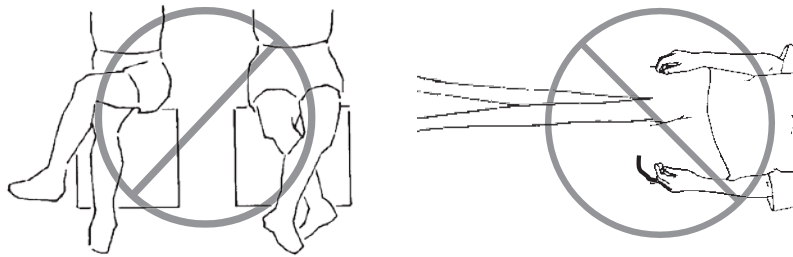


3. Do not **twist** trunk while performing any activity.

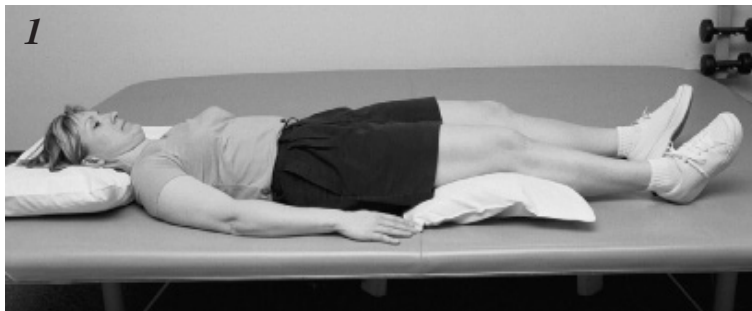


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4. Do not **cross** knees or ankles while sitting, standing or lying.



5. Always log roll out of bed. Have a pillow between your knees for comfort and to help maintain precautions if necessary.



Tip: Change positions often and alternate rest (sitting and lying down) with activity (walking and exercise) to increase comfort. Avoid sitting and standing for long periods of time.