

606 words

5 Tips to Bend Properly After Surgery

The doctors at Southeastern Spine Institute take a conservative approach to healing back pain, which means surgery is an absolute last resort. If your doctor has arrived at a place where he is recommending back surgery to you, he has more than likely exhausted all other options. If you are still experiencing pain, and/or your pain is increasing, your doctor will begin going over surgical options with you.

One of the reasons that Southeastern Spine Institute does not suggest surgery as a primary means of treating your back pain is because most back surgery recovery is a long road to haul. Depending on the source of your pain, your doctor has a variety of surgical procedures to choose from, including but not limited to:

- Laminectomy
- Discectomy
- Spine Fusion
- Discography
- Total Disc Replacement
- Vertebroplasty

Regardless of the surgical route selected, your recovery may require you to re-learn a few things. Sitting, standing, and walking can all be affected as well as having radiating pain in the hips, knees or shoulders. Your body will need to figure out how to move with a tender spine. Luckily, Southeastern Spine Institute has physical therapists who can be in on the treatment plan from day one, making sure your treatment plan includes physical therapy before and after your surgery. This means that within 24 hours after surgery, while still in the hospital, you will be seen by a PT from SSI so your back surgery recovery starts off on the right foot.

One of the main functions your spine performs is bending and while the goal is to get you back to full flexibility, bending will not be allowed right after surgery. You actually bend all day long, without even realizing it: bending over to tie your shoes, leaning over while you iron, bending down to grab the handle on the car door, even going up steps. But during back surgery recovery, any of these things can cause more pain or cause your incision to open.

Here are five ways you can protect your back when you need to bend during back surgery recovery:

- If you absolutely must pick something up that you dropped, crouching is your friend. Make sure your feet are shoulder-width apart for stability, then bend just your knees and lower yourself carefully with your back straight.
- Putting on socks must be done in the reclining position, where you lay back on your bed, draw your knee to your chest and carefully reach down to slip socks on over feet.

- Since you shouldn't be twisting at all post surgery, when you need to turn your upper body, pivot instead on your foot to rotate your whole body to where you need to be.
- When standing at your kitchen counter working, resist the urge to hunch over; instead, stand as close to the counter as you can and keep your back straight.
- If you tend to lean over the sink while brushing your teeth, you'll want to open the cabinet under the sink and put your foot on the cabinet ledge and then keep your back straight while you brush.

These are just five suggestions but your Southeastern Spine Institute physical therapist will have a lot of post-operative directions for you to follow during your back surgery recovery. Follow them to the letter and you will feel better in no time.