

POSTOPERATIVE ACTIVITY LIMITATIONS

- Prior to surgery we encourage you to stock straws for drinking and soft foods to eat postoperatively as eating/drinking will be temporarily effected by both post-surgical swelling and the collar.
- Avoid extreme motions of your head and neck which will be limited/controlled by the collar.
- Avoid repetitive twisting or bending i.e.raking, sweeping, shoveling, etc.



- No lifting over 10 pounds (gallon of milk) above your chest or below your waist. Do not lift anything over your head.
- Walking stimulates the healing process. Your surgeon wants you to accomplish a minimum of 45 minutes of sustained walking per day for exercise. You are encouraged to walk several times a day and there is no limit on how far you can walk. In the beginning you may only be able to walk 5-15 minutes at a time. That is okay, just do this a minimum of 4-10x/day.
- You may begin driving again when you are no longer taking the narcotic pain medication and feel comfortable with being able to navigate amongst other drivers. You must also wear the collar that you have been provided while driving.
- You may return to work when you are no longer taking the narcotic pain medication. You must observe the 10-pound lifting restriction (nothing below waste or above chest), frequent change of position from sit, stand and walking and avoid repetitive bending and twisting. You must also wear the collar you have been provided.
- Advancement of physical activities will be discussed at each follow up appointment with your surgeon.
- Physical therapy, if needed, will also be discussed at each appointment.
- Gentle sexual activity is okay.