

Movement and Activity

Moving your body- like exercising, doing everyday activities, and going to therapy- has many benefits for people who are getting ready for surgery or healing after surgery. Some patients may need to stay in the hospital to recover and be watched, but it's important to start moving every day as soon you can.

Before Surgery

Your surgeon may ask you to continue doing your normal activities before surgery. If you can, doing light exercises can help reduce pain and stress and help you lose weight. This includes

- Walking
- Swimming
- Biking
- Yoga
- Pilates

After Surgery

- Physical and occupational therapy may evaluate your mobility after surgery
- Flexibility may be limited, so patients are taught new ways to walk, sit, and stand safely
- Movement is encouraged after surgery! Inactivity can lead to complications
- You may be sent home with a brace to keep your spine in alignment
- No bending, lifting, or twisting until released to do so by your surgical team
- Full recovery can take 3-6 months

Exercise in General

- Exercise should be a priority in daily life
- Review instructions from your surgeon to identify when it is safe to resume normal activity
- Listen to your body
 - ▶ Stop exercising if you feel any pain, chest pain, dizziness, or shortness of breath
- Start slowly!
 - ▶ Begin with short, gentle movements and gradually increase the length and intensity of your activities
- Focus on activities of daily living
 - ▶ Things like vacuuming, cooking, getting dressed, etc. are all great examples of gentle, low-impact movement to incorporate into your day