



## Physical rehabilitation after spinal surgery

Recovery from back surgery, due to vertebral fractures or a tumor, may take weeks or months, depending on your condition before surgery or if complications arise during or after the procedure. When you return home, you must follow medical instructions to ensure proper rehabilitation and guarantee postoperative success.

### Types of back surgery

There are different types of back surgeries, some of them are:

**Vertebral arthrodesis-** fusion of two back bones to correct spinal problems.

**Laminectomy-** surgery to remove bone at the top of the spine to make more room for the spinal cord and spinal nerves.

**Foraminotomy-** surgery to extend the opening in the back where the nerve roots exit the spinal column.

**Discectomy-** surgery to remove the herniated part of the disc.

### Care after spinal surgery

When you return home, it is important to follow your doctor's instructions. Some of these may include:

- Avoid sitting for more than 20 minutes.
- Use braces when sitting or walking.
- Do not lift or carry anything heavier than 10 pounds or 4.5 kilograms, for example, laundry baskets, grocery bags, among others.
- Avoid lifting objects above your head.
- Take walks during the first 2 weeks after surgery.
- Go up and down the stairs once a day for 1 or 2 weeks; otherwise, it will cause you a lot of pain or discomfort.

- No running, swimming, or other strenuous activities until evaluated by your doctor.
- Do not drive for the first 2 weeks after surgery.

### Contact your doctor if you have:

- Chills or fever of 101 °F (38 °C) or higher.
- Swelling.
- Oozing from the wound is green or yellow.
- Chest pain or shortness of breath.



### Social and Emotional

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

### References:

<https://medlineplus.gov/spanish/ency/patientinstructions/000313.htm>

<https://www.mayoclinic.org/es/diseases-conditions/back-pain/in-depth/back-surgery/art-20048274>

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