

Cervical post-op precautions

Cervical Disc Replacement

- No precautions for all Orthollinois surgeons

Adapted From:

- 1) Consultation with Drs. Okroj, Roh, and Sliva, Orthollinois Spine Care

Fusion

- Patient will be referred to PT after 6 week follow-up with the surgeon's office. If sent to PT prior to 6 weeks post-op, focus will be on UE A/AAROM only.

Phase I (0-6 weeks post-op)

- Dr. Okroj
 - 1-2 level fusion
 - For 6 weeks, ROM limited to ~30* all planes of motion
 - 3+ level fusion
 - For 6 weeks, Aspen collar
- Dr. Roh
 - For 6 weeks, hard collar at all times
- Dr. Sliva
 - For 6 weeks, hard or soft collar at all times

Phase II (6-8 weeks post-op)

- Wound care: Begin scar management techniques when incision is closed
- Modalities: prn for pain and inflammation (ice, IFC)
- Exercises:
 - UBE no resistance; Treadmill conditioning
 - AROM of UE- limit overhead activity
 - Wall push up (keep arms below shoulder height)
 - Gentle 2 finger cervical isometrics (<50%) while maintaining

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- chin tuck
 - Thoracic mobilization exercises
 - Weight bearing or non-weight bearing thoracic AROM all planes as tolerated
- Basic core stabilization with neutral spine- NO BRIDGING
- General upper and lower body strengthening
- Nerve glides prn (no reproduction of symptoms)
- Lifting mechanics and education- LIMIT 10 lbs.

Phase III (8 weeks – 12 weeks post-op)

- Wound care: Continue as in phase II
- Modalities: prn for pain and inflammation (ice, IFC)
- ROM:
 - Gentle, pain-free cervical AROM
- Exercises:
 - UBE with resistance, treadmill walking, stationary bike
 - Rhythmic stabilization of upper quarter
 - UE therabands
 - Shoulder shrugs and rolls with resistance as tolerated
 - Sidelying head holds and chin tucks
 - Neuromuscular re-education of longus colli with pressure biofeedback with supine chin tuck & raise from 20mmHg to 28-30 mmHg with 10 second hold, x10-20 reps
 - Modified plank from knees or standing lean vs. table
 - Gentle MFR, soft tissue mobilization, and OA work
 - Increase lifting as tolerated, up to 25#

Phase IV (12+ weeks post-op)

- Initiate stretching
- Resume jogging/running/plyometrics
- Return to work, review ergonomics, consider work conditioning program and/or FCE as needed
- Return to recreational activities as tolerated

Adapted From:

1) Center for Spinal Disorders Rehabilitation Department. Cervical Fusion Protocol. IMS Orthopedics, Issada Thongtrangan, MD.

2) Jesse Even, MD. Anterior Cervical Discectomy and Fusion Protocol. www.tmisportsmed.com

3) Consulted with Drs. Okroj, Roh, and Sliva. Orthollinois Spine Care.

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