

Cervical post-op precautions

Fusion

- Dr. Roh
 - For 6 weeks, hard collar at all times

- Dr. Sliva
 - For 6 weeks, hard or soft collar at all times
 - Posterior fusion: hard collar at all times

 - Anterior fusion:
 - Daytime: hard collar at all times

 - Nighttime: soft or hard collar at nighttime

Cervical Disc Replacement

- No precautions for all Orthollinois surgeons

Adapted From:

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