Back Precautions

After Spine Surgery

Certain positions and movements should be avoided during your recovery after spine surgery. This will help to control your pain and prevent injury as your back heals. Your doctor or others on your care team will tell you when it is safe to resume these activities.

No bending

- Do not reach, stoop or bend forward at the waist more than 90 degrees.
- Do not bend from side to side. Be sure to avoid resting in a position that has you bent to the side.

No lifting

- Do not lift anything heavier than 5 to 10 pounds. A gallon of milk weighs about 8 pounds. Be sure to hold objects you lift close to your body.
- Do not bend forward or squat down to pick up items off of the floor.

No twisting

- Do not twist your spine when turning. Shift your feet to turn your whole body instead.
- Log roll to turn over in bed. Place pillows between your knees to keep your legs apart. This helps to keep your hips, pelvis and spine in alignment.

Please talk to your doctor or others on your care team if you have any questions.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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