



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

Lumbar Fusion Protocol

Patient Name: _____

Surgery date: _____

Initiate home walking program. Increase distance by 1-2 miles by six week check-up. All exercises are fully supported and neutral spine is strictly maintained. Gentle neural mobilization is included for the lower extremities to avoid adherent nerve root. Progress spine stabilization from fully supported to upright exercise and then to involve balance. Progress walking program in intensity or duration to achieve at least 3 miles/day by 12 weeks. Continue with neural mobilization and attention to lower mobilization extremity mobilization.

1-6 weeks : _____

Therapeutic Exercise: Include isometric abdominal contraction with all exercises.

- Isometric Abdominals
- Quad Sets
- Glut Sets
- Heelslides
- Straight Leg Raises
- Bent Knee Fallout

- Supine Arms Overhead
- Supine march
- Short Arc Quad
- Ankle Pumps
- Pillow Squeezes
- Seated Hip Abduction
- pinches, retro shoulder rolls, chin tucks
- No bike. Begin treadmill.

Posture Education

6-9 weeks : _____

Therapeutic Exercise: Include isometric abdominal contraction with all exercises.

Continue with all previous exercises

- Bird Dog
- Dead Bug
- T-Ball Exercise Progression:
 - Ball sitting with narrow base of support eyes opened then closed
 - Ball sitting with arm movement eyes opened then closed
 - Ball sitting with knee movement (knee extension)
 - Ball marching
 - Ball bouncing
- Mini-squats
- Balance Progressions
 - Single leg standing
 - Single leg standing with eyes closed
 - Single leg standing with arm movement
 - Steam boats

- Clam Shells & Reverse Clam Shells
- T-band exercise: Rows, lat pulls
- Push Up Progression: wall, table, floor
- Stretching: Hamstrings, quad, gastroc/soleus, hip flexors
- Aquatic Therapy

9-12 weeks : _____

Therapeutic exercise: Include isometric abdominal contraction with all exercises.

Continue all previous exercises.

- Bridge
- Add to T-band shoulder flex/ext pulses
- Wallsits
- Weighted UE elevation exercises (seated progress to standing)

12 weeks +: _____

Work on specific stretching to maximize function. Continue spine stabilization exercises, emphasizing more upright posture and balance challenges. Progress functional lifting and cardiovascular conditioning.

Therapeutic Exercise: Include isometric abdominal contraction with all exercises.

- Modified plank
- T-Band exercises
 - PNF
 - Spinal Rotation
- Advanced Bridge
 - Bridge with arms raised to 90°
 - Bridge with one knee extended (arms at 90°)
 - Bridge with legs on ball
 - Side Bridge
 - Front Bridge Walkout (t-ball walkout)

Continue to advance all core strengthening exercises as tolerated.

Revised 4.4.12

