

Spine Fusion with Instrumentation: Post-op Guidelines for Activities

Activity	6 Weeks	6 Months	One Year
School	Return to class		
Gym	No gym	Modified PE activities may be prescribed, check with M.D.	Return to activities after M.D. consult
Swimming	In pool or ocean allowed as soon as wound heals, avoid laps		
Lifting 5 to 10 lbs.	No more than 5 to 10 lbs. allowed, consider book bag weight	5 to 10 lbs.	Increase weight
Bicycling	No	Light cycling on level ground	Return to activities after M.D. consult
Light Jogging	No	Check with your M.D.	Resume activities
Driving	Per pre-op ability		
Team Sports	Not allowed	Not allowed	No impact sports, i.e. football, hockey, rugby
Amusement Park Rides	Not allowed	Avoid extreme rides.	Per own discretion

Please call us if you have any questions or concerns.

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