

Laminectomy/Laminotomy Protocol

Dr. Jenkins

Precautions

- No lifting
- Consult Dr. Jenkins office on driving and sexual activities
- Motion restrictions—no trunk flexion, extension, rotation or side bending

Immediate Post-Op

- Follow precautions from hospital
 - Wear corset when out of bed
 - Log roll in and out of bed
 - Use toilet extender
 - Limit sitting to 15 minutes—reclined
 - Do not bend past 70 degrees at hip joint
 - Lifting limit is 5 pounds
- Perform exercises from hospital
 - Quads sets
 - Gluteal sets
 - Passive straight leg raises
 - Heel slides
 - Pelvic tilts
 - Walking

Two Weeks Post-Op

- Review bed mobility, rolling, transfers and self care skills
- Review neutral spine and body mechanics
- Lifting limit 20 pounds (wear corset)
- 70 degree sitting angle—limit to 20 minutes
- Wear corset when up and about
- Initiate spinal stabilization exercises
- Initiate pool exercises
- Initiate hamstring stretch—if radiating pain into LE's back off
- Gentle single/double knee to chest
- Driving—check with Dr. Jenkins office

Three Weeks Post-Op

- Wean out of corset
- Check incision for healing
- Continue week two instructions—progress as tolerated
- Stabilization and pool exercises
- Increase walking time as tolerated
- Sexual activities as tolerated—if questions contact Dr. Jenkins office (read material available)
- Work with patient on appropriate trunk flexion activities
- Body mechanics training
- Begin quadriceps stretching in side lying position—progress to standing
- Continue isometric gluteal sets and stabilization
- Evaluate patient for home ball exercise program
- Conditioning

Four to Six Weeks Post-Op

- Wean out of pool to gym as tolerated
- Begin lunges, wall sits/slides, and squats
- Initiate multi-directional activities as tolerated
- Side bending at 4 weeks
- Begin rotation at 6 weeks as tolerated
- Light strengthening
- Conditioning
- May perform passive mobilization techniques to adjacent segments if indicated

Six to Eight Weeks Post-Op

- Progress strengthening with side bending and rotation
- Swimming is okay for patient is able to stabilize and has no pain
- Patient should be doing well. The 6-10 week period is time for maximizing strength.
- Upper level strengthening and conditioning program