

Spinal Rehabilitation

Spinal rehabilitation after a spinal operation can begin as soon as the patient is medically fit and deemed appropriate from the spine surgeon's instructions. The aim is to help patient regain back independence of activities of daily living and achieve good quality of life as soon as possible.

What does rehabilitation involve?

Rehabilitation involves a multi-disciplinary team, including doctors, nurses, physiotherapists and occupational therapists.

The occupational therapist assists and enables patients in resuming valued roles at home and in the community, through:

- Maximising the patient's performance in day-to-day activities, e.g. dressing, grooming, showering
- Facilitating upper limb retraining/conditioning
- Prescribing assistive devices e.g. wheelchair
- Providing caregiver training
- Educating the patient on general precautions in daily living e.g. proper methods of lifting, donning of the collar and brace

The physiotherapist assists individuals in regaining independent function and mobility as much as possible, through:

- Educating the patient on the correct method of getting in and out of bed
- Prescribing suitable walking aids e.g. walking frame
- Facilitating lower limbs retraining/conditioning
- Facilitating gait retraining
- Gentle range of motion, simple core stability and spinal strengthening exercises
- Educating the patient on proper lifting techniques
- Providing caregiver training
- Gradual progression of range of motion exercises and spinal strengthening exercises that are essential for returning back to functional activities.

Useful websites

[Spine Surgery Patient Guide: Your Path to Recovery](#)