

# Neck Surgery

**Movement is an essential part of your recovery process after surgery. It helps with reducing your pain and restoring your strength.**

## Movement

- Limit twisting and repetitive bending. Also be aware of your lifting restrictions of 2-5kg until 4 weeks post-surgery, and then 10-15kg for 3 months post-surgery
- Bend your knees and hips to raise and lower yourself while picking up objects
- Alternate positions and move regularly

## Daily Tasks

- Gradually return back to your daily activities & slowly increase what you do each week
- Use a cup of water to rinse your mouth after brushing your teeth instead of stooping over the basin
- Sit while you shave or put on your makeup
- Sit down to put on your pants, skirt or shoes
- Rest your foot on a foot stool or use a shoehorn to help put your shoes on
- Slide heavy pots and pans along the bench
- Sort clothes on a waist high bench
- Use a washing trolley to take wet clothes out to the line

## Driving

- Most patients are generally safe to drive 2 weeks post-surgery, however, if unsure check with your G.P or the clinic nurse

## How do I get out of bed?

You'll use the 'log-rolling' technique, shown in picture below, to get out of bed after surgery.



### Do not drive if:

- You are affected by medication
- You have weakness in the arms or legs that prevents you from safely controlling the steering wheel or pedals
- You are unable to sit comfortably for an extended period of time e.g. 20-30mins

## Walking

- Start with short and frequent structured walks
- Your aim is to accumulate 30 mins of continuous walking post-surgery
- At six weeks, your goal is a thirty-minute walk twice a day
- Timing pain medications – before going for a walk or before completing your exercises
- Discuss return to sports with your Physiotherapist

## Return to work

- Initially you should return to light duties
- For office-based roles, consider returning 2-4 weeks & for manual or labor-intensive jobs discuss with your Physiotherapist



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# Exercises

Your physiotherapist will assess your capacity to complete the below exercises post surgery, in hospital. Once you've been cleared to commence, aim to do all the exercises for 10 repetitions, 3 x day.

## Deep Breathing Exercises



Breathe in through your nose. Hold the breath for 2-3 seconds. Breathe out through your mouth. Aim for 5 deep breaths every hour.

## Heel Slides



While lying on your back, sliding one foot at a time towards your bottom.

1. Set the abdominal muscles by drawing your navel in toward your back bone.
2. Slide one heel.

## Ankle Pumps



While lying on your back, moving your feet up and down.

1. Pump ankles up.
2. Pump ankles down.

## Glute Squeeze



Squeeze your bum muscles. There should be no leg movement. Aim to do 5 sec holds.

## Thigh Squeeze



Push the back of your knee into a rolled up towel by squeezing your thigh muscles. Aim to do 5 sec holds.

## Sit to stands



Bend forward from the hips (back is straight), moving your shoulders over your knees and stand up.

### Seated Heel Raises



Sit with your feet flat on the floor. Lift your heels up off the ground & then relax your heels back to the ground in a controlled manner.

### Chin tucks



Lying on you back, with a rolled-up towel under your neck. Without lifting head, tuck chin gently (nod yes) – keep the large muscles in the neck relaxed.

### Seated Marching



Lift one knee off the chair, then relax it back down. Repeat the opposite leg.

### Neck forward bending



Lower chin to chest.

Immediately post-op this will be a small movement with some pain. This is normal and will improve.

### Seated Knee Extension



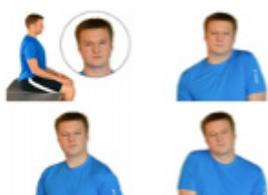
Straighten your knee as much as you can. Relax your knee back to the start position.

### Neck rotation



Look over your shoulder as comfortably as you can.

### Shoulder circles



10 forward roll,  
10 backward rolls

### Neck side bending



Slowly lower your ear to your shoulder as comfortably as you can.

### Heel Raises



**Stand whilst holding on to support surface. Lift your heels off the ground.**

### Standing knee bends



**Use a chair for support. Hold onto support surface. Bend one knee at a time.**

### Marching on the spot



**While standing and holding onto something, lift your knees no higher than your waist.**

### Side leg raises



**Stand with good posture. Hold onto support surface. Lift one leg out to side – do not lean with trunk. Repeat opposite leg.**

### Mini Squats



**Hold onto support surface. Slowly bend your hips and knees as if you are going to sit on a chair. Squat - Head up - Butt out - Knees back. Straighten up and repeat.**

## Contact

**Please call NeuroSpine Institute on 1800 638 767 and ask for a Physiotherapist if you have any questions or concerns regarding this handout or anything physiotherapy-related.**