



COMPASSION AT EVERY STEP



### Quick Recap

Log-roll transfers, BLT precautions, and core-aware ADLs protect the spine while rebuilding mobility.

#### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



### A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

### Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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COMPASSION AT EVERY STEP

# Post-Operative Spine & Back Surgery Care

Spinal Stabilization & Alignment Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Log-roll bed mobility; avoid twisting trunk during transfers.
- Sit-to-stand with walker or chair arms per surgeon protocol.
- BLT precautions: NO bending, lifting (over 5–10 lbs), or twisting until the surgeon clears it.
- Log-roll in and out of bed; sit, then stand using arm support; never pivot at the spine.
- Core activation: gentle pelvic tilts and deep breathing with bracing.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Watch back pain, leg weakness, numbness, incision changes, or fever.
- Screen bowel/bladder changes—urgent if new after surgery.
- Track pain with activity and rest; note positions that help.

### Good to know

- Surgery may address herniated discs, stenosis, or instability causing pain.
- Numbness, weakness, or sciatica often guide what is treated.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Neutral spine seated posture; lumbar roll when approved.
- ADLs: pivot—not twist—when getting in/out of car.
- Kitchen: slide pots; store items at waist height.
- Walking is the safest exercise during early recovery.
- Gentle walking and prescribed home exercise program daily.