

Post-Surgical Spinal Precautions

Please follow the below precautions for the **first 6 weeks** after surgery. After that, you will discuss with Dr. Buza if you can stop these precautions.

- 1. Do not BEND forward at the waist more than 90 degrees or raise knees higher than hips.**



- 2. Do not lift more than 10 pounds**



- 3. Do not twist the trunk while performing any activity**



John A. Buza III, MD, MS

Orthopedic Spine Surgeon
NewYork-Presbyterian Queens
163-03 Horace Harding Expressway, 4th Floor
Fresh Meadows, NY 11365
T. 866.670.6824 F. 718.670.2249

NewYork-Presbyterian
Queens

AMAZING
THINGS
ARE
HAPPENING
HERE

4. Do not cross knees or ankles while sitting, standing, or lying



5. Always log roll out of bed. Have a pillow between your knees for comfort and to help maintain precautions if necessary



Pro Tip: Change positions often and alternate rest (sitting and lying down) with activity (walking and exercises) to increase comfort. Avoid sitting and standing for long periods of time.

We want you to walk as much as possible!