

## **Anterior Cervical Disc Replacement Activity Guidelines 4 weeks – 3 months after surgery**

### **Cervical precautions:**

- No overhead activities (brushing/washing hair is ok, but nothing more than that)
- No lifting/pushing/pulling more than 15lbs

### **Activities and exercises: Collar must be worn for exercise if you're still in one**

- Continue walking, may now use a treadmill at a comfortable walking pace
  - If already doing a walking regimen, increase gradually with a goal of 50-100% more at 3 months
  - If not doing a walking regimen, begin one with a 10-15-minute walk and increase to 30 minutes by 3 months
- Recumbent stationary bike
- Stair stepper / stair mill
- Light arm strengthening
  - Biceps, triceps (lying in bed), wrist flexion/extension, deltoids
  - No overhead lifting, no benches/chest presses, no arching/twisting back
  - Lifting limit of 15lbs still applies

### **Tips and advice:**

- All of the above activities must be done with cervical spine precautions in mind
- Add new activities gradually, no more than 1 per week
  - If it hurts, stop this activity and wait a few weeks before trying it again
  - Shorter, more frequent periods of activity and exercise are better tolerated than one long period

**Please send a MyChart message or call with any questions: 410-539-3434**

## **Anterior Cervical Disc Replacement Activity Guidelines 3-6 months after surgery**

### **Cervical fusion precautions:**

- Limit excessive overhead activities
- No lifting/pushing/pulling more than 30lbs

### **Activities and exercises:**

- All previous exercises
- Elliptical
- Upright stationary bike
- Snorkeling, backstroke or breast stroke swimming (no neck rotation)
- Treadmill on incline, brisk walk/light jogging
- Easy hiking (no heavy backpacks)
- Upper extremity strength training with light resistance bands (maintain precautions) or max 30lb weights
- Lower extremity strengthening on machines
- Cross country skiing

### **Tips and advice:**

- All of the above activities must be done with cervical spine precautions in mind
- Add new activities gradually, no more than 1 per week
  - If it hurts, stop this activity and wait a few weeks before trying it again
  - Shorter, more frequent periods of activity and exercise are better tolerated than one long period

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## **Anterior Cervical Disc Replacement Activity Guidelines 6 months after surgery**

### **Lifelong recommendations:**

- Good body mechanics: squat down, lift with your legs, carry things close to your body, etc.
- Normal household lifting is ok, but avoid heavy lifting (50lbs+)
- Good ergonomics, don't look down to read, text, work- have those things up in front of your eyes

### **Activities and exercises:**

- No set restrictions, but use common sense and increase gradually
- Skiing
- Swimming
- Golf
- Cycling
- Contact sports
- Hunting
- Yard work
- All household chores

### **Tips and advice:**

- Add new activities gradually, no more than 1 per week
- If it hurts, stop this activity and wait a few weeks before trying it again

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## **Anterior Cervical Disc Replacement Activity Guidelines 1 year after surgery**

### **Lifelong recommendations:**

**Be nice to your neck!** The more forces you put on it, the more likely you are to wear out adjacent levels

- Be careful with extreme bending or twisting of the neck
- Good body mechanics: squat down, lift with your legs, carry things close to your body, etc.
- Normal household lifting is ok, but avoid heavy lifting (50lbs+)
- Good ergonomics, don't look down to read, text, work- have those things up in front of your eyes

### **Activities and exercises:**

- No set restrictions, but use common sense and increase gradually
- Skiing
- Swimming
- Golf
- Cycling
- Contact sports
- Hunting
- Yard work
- All household chores

### **Tips and advice:**

- Add new activities gradually, no more than 1 per week
- If it hurts, stop this activity and wait a few weeks before trying it again

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