

Kyphoplasty Activity Guide

4 weeks after surgery

Activities and exercises:

- Try to avoid heavy lifting (greater than 20 lbs) as this may worsen your back pain and gradually increase over the coming months as tolerated
- 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
- Water walking if incision is healed and approved by our office
- 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:

- 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
- Avoid Smoking
- Be kind your back
- If not already seeing your primary care doctor or an endocrinologist for bone health please make sure to establish care and discuss bone health evaluation and treatment
- Bone health medicines that build up bone are often best for making bones stronger which you can discuss with your bone health specialist

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