

## Spinal Rehabilitation After Laminectomy



**L**aminectomy is surgery typically performed to remove pressure on spinal nerve roots, pressure that tends to cause numbness or pain in the back or legs. The underlying causes of such nerve compression can be **age-related changes to the spine, a ruptured disc, scar tissue** or **disc wear and tear**.

Regardless of the causes, if you undergo a laminectomy, you will typically start physical therapy within six weeks after your surgery. Full recovery can be attained in approximately four months.

On your first visit, we will use ice packs and electrical treatments to reduce pain and inflammation, along with soothing massage and other techniques to relieve muscle spasms and ease pain. Eventually, we will decide when it is safe and helpful to add more active techniques and treatments. These will include

- **cardiovascular exercises, particularly walking or low-impact exercises such as swimming, that enhance heart health;**
- **exercises that achieve improved control over the muscles that support and stabilize your lower back;**
- **exercises that use your own body mechanics to improve movement and perform activities more comfortably;** and
- **techniques that teach you how to lift items safely.**

In addition, you will acquire new habits for better mobility so that you can perform simple, everyday activities safely and proactively to prevent further injury. Depending on your career, you may have to make some adjustments to keep your back free from strain. We will show you how to perform exercises at home that will further improve your recovery after a laminectomy.

We will be happy to develop a physical therapy rehabilitation program that will complement your lifestyle, ensure that you heal successfully, and get you back to enjoying your life—healthy and pain free.