

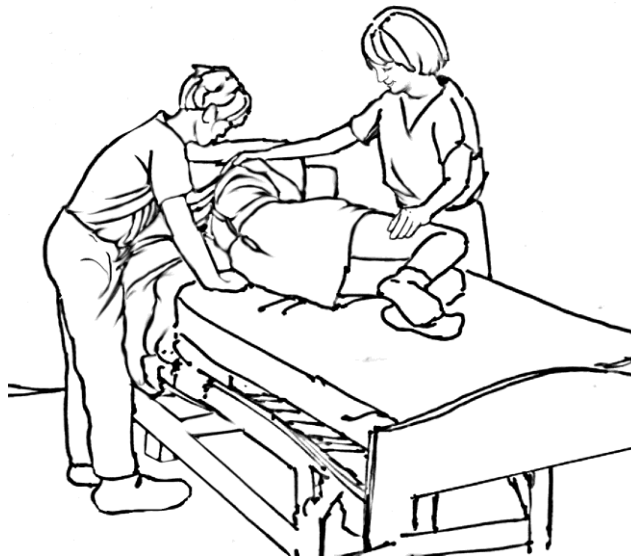
Moving and turning in the right way after your surgery can help you heal better, get stronger and have less pain.

- It is **very** important that you change positions often after your surgery, even at night.
- You will be sore after surgery, but your nurse and family can help you.
- As you begin to feel better, you will be able to change positions yourself.

## What is the best way to turn in bed?

The best way to turn in your bed is to “log roll”.

- Roll so that your hips, knees and shoulders stay in line and move together, like a log. Do this anytime you change positions in bed.
- Avoid any twisting and bending motions.



## What is the best way to sit up on the side of the bed?

Follow these steps to sit up on the side of your bed:

- **Keep your back straight!**
- Log roll onto your side.
- Push up to sitting by pushing against the mattress with your elbow and your hand.
- Push up with your arms at the same time that you lower your feet.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Moving after a spinal fusion, continued

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## Sitting up with help



## Sitting up by yourself



## What is the best way to get out of bed?

- Your care team will help you get out of bed and walk the first day after your surgery.
- Your physical therapist, nurse and family can help you get out of bed and walk several times a day while you are in the hospital.

## What are some tips for daily activities?

Follow these steps to help you with movements throughout the day:

- Bend at your knees – not your hips – when picking up things.
- Use a glass of water to rinse your mouth rather than bend over the sink when brushing your teeth.
- Bend your leg at the knee, and place your foot on your opposite leg rather than bend down to tie your shoes.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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