

Lumbar Laminectomy/Decompression/Discectomy Rehabilitation Protocol

Precautions

- No standing ROM testing or manual muscle testing of hip flexion/trunk flexion
- No lifting beyond 6kg for the first 6 weeks, then progress appropriately
- No twisting or bending of the lumbar spine for 6-8 weeks
- Limit sitting for 30-45-minute intervals for the first 4 weeks
- No driving for the first 2 weeks
- No driving when taking narcotic pain medication. When driving, drive in short intervals and progress slowly. Avoid manual transmissions in the early phases.

Phase 1 (Week 0-6)

Recommended Exercises

- Ankle pumps; quads, hamstrings, and glute sets
- Heel slides, SAQ, LAQ
- Isometric TrA contractions
- DBE
- Heel raises, mini-squats, bilateral UL elevation
- Walking, progressed as appropriate
- Soft tissue work and scar tissue management as appropriate

Phase 2 (Weeks 6-9)

- Continue above exercises
- TrA strengthening, Teach neutral spine with diaphragmatic breathing
- Prone□standing stabilisation exercises with diaphragmatic breathing

- Soft tissue work and scar tissue management as appropriate

Flexibility

- Hamstring with neural flossing avoiding symptom provocation
- Piriformis, groin, hip flexors
- gastrocnemius/soleus, quadriceps, pecs
- Balance training as appropriate
- Manual therapy as appropriate



Phase 3 (Weeks 9-12)

- Continue above exercises
- Manual therapy and electrotherapy as appropriate
- Progress stabilisation and strengthening exercises
- Cardiovascular endurance

Lumbar Laminectomy/Decompression/Discectomy Rehabilitation Protocol

Discharge from Physiotherapy

- Strength within normal limits
- Independent HEP
- Trunk and hip range of motion within normal limits

