

# Getting Ready for Your Spine Surgery

## Going home and outpatient rehabilitation

### **Next steps**

#### **Getting you home**

Our main goal is getting you home with support. It is advised that you have your spine coach, family member or friend with you for the first few days after you return home as a support system.

#### **Home therapy (occupational and physical)**

Home therapy can be an option for you, but your physician will let you know.

#### **Outpatient rehabilitation**

After three weeks of recovery at home, outpatient rehabilitation is the next step. Be sure to plan ahead and schedule your outpatient therapy appointments. This will ensure you get the times and location that is best suited for you. Outpatient rehabilitation will provide ongoing improvement of strength, motion, and walking. The focus will shift from basic therapeutic activities to advanced exercises intended to restore your previous level of function and beyond. The outpatient rehabilitation process typically begins with stretching and strengthening, endurance training, and warm water pool therapy. Core trunk strengthening and higher-level balance exercises then are introduced. Cardiovascular conditioning is another aspect that may be added to your rehabilitation and can be reviewed by your therapist. Advocate Condell has 5 locations for your care. Please consult your therapist and physician for advice on these programs. If you are returning to work, specialized therapists can help you restore your physical ability required to do your job.