Lumbar spine protocols: post-presentation test

*This presentation was created as part of a capstone project to obtain my Doctorate in Physical Therapy. Please take a moment to answer the questions below.*

*Thanks Kristel Maes, PT*

1. The lifting restriction after lumbar surgeries is limited to 10 lbs for the 1st 6 weeks for discectomy/laminectomy and 6 – 12 weeks for lumbar fusion. ☐ true ☐ false
2. Flexibility stretches are indicated after lumbar fusion surgery.

☐ true ☐ false

1. During the initial evaluation it is important to set baselines and gather information regarding PLOF and CLOF.

☐ true ☐ false

1. Teaching a patient proper sitting posture and body mechanics with ADL is part of the plan of care.

☐ true ☐ false

1. Exercises should be progressed per patient’s tolerance.

☐ true ☐ false

1. Evidence shows that an exercise program started at 4 – 6 weeks after lumbar discectomy / laminectomy is beneficial for pain relief and improvement in function. ☐ true ☐ false
2. I found the presentation helpful to guide me treat this patient population. ☐ yes ☐ no