

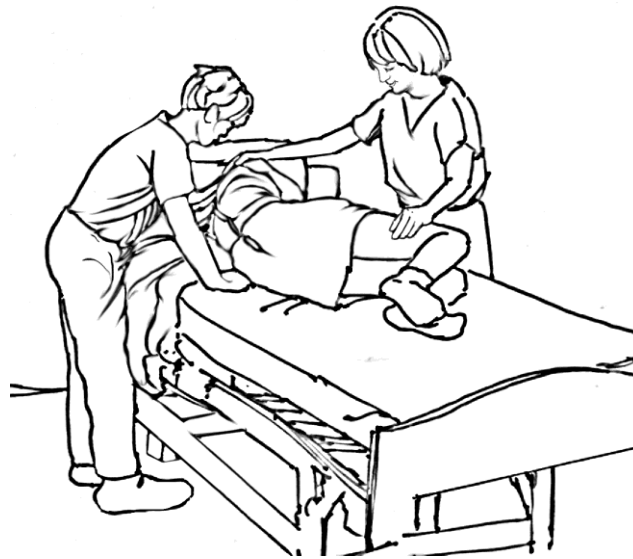
It is important to move and turn correctly after surgery. It can help you heal better, get stronger and have less pain.

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

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?

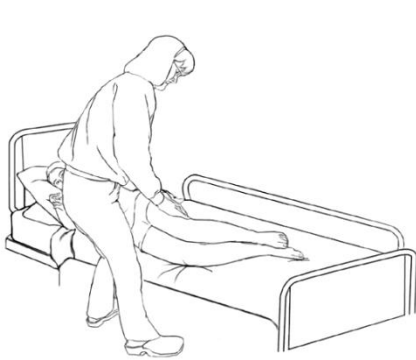
Follow these steps to sit up on the side of your bed:

- **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.

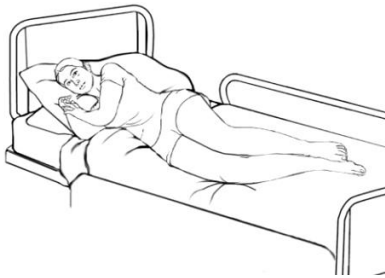
In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Moving after a spinal fusion, continued

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 when you pick up things. Do not bend at your hips.
- 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 other leg to tie your shoes. Do not 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.

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