

AVOID THESE Movements

AFTER SURGERY, YOUR REPAIR NEEDS TIME TO HEAL WITHOUT EXCESSIVE STRAIN TO THE AREA.

Your surgeon needs you to develop good body mechanics in all of your activities.

In order to maintain good body mechanics, **AVOID BLT** (**B**ending, **L**ifting, **T**wisting).

Do not BEND at the waist to lean forward to reach towards the floor or to bend over the sink. You should always be bending at the knees and keeping items close to your body.

Do not LIFT over 8 pounds for the first 4-5 weeks. You will need to plan for others to help you with anything weighing over a gallon of milk, for example.

Do not TWIST from your waist. Reaching too far: forward, down, to the side, or overhead will cause twisting of your spine. Bend at your knees and initiate motion with your legs, not your spine

The brace you are wearing helps provide feedback to avoid these movements. We recommend practicing these motions, as they will be important for you to maintain good body mechanics once you are able to be out of the brace more often, usually around 5-6 weeks. Once you are allowed to remove the brace for non-strenuous activities, you will need to strengthen your support muscles that may have weakened while wearing the brace.

