

## Spinal Fusion

Spinal Fusion is a procedure performed for individuals with a severe Disc herniation, Degeneration, or other spinal injury that is not improving with conservative methods. During the procedure, metal plates will be used to fuse 2 spinal vertebrae together to limit instability at that level. Following a spinal fusion surgery, individuals will begin Physical Therapy typically around 6 weeks post-op. A complete recovery usually requires at least 6 months to a year.

- Anatomy



- Mechanism of Injury

- The result of severe spinal injuries that can not be treated through conservative treatments.

- Treatment

- Manual Therapy for muscle spasms surrounding the surgery site.
- Posture/Body Mechanics for improved lumbopelvic stability
- Therapeutic Exercise/Pilates focusing on core stability
- Ice and Electric Muscle Stimulation to decrease inflammation
- Home Exercise Program for core stability