

### ***Post Operative Exercises:***

You will see a physical therapist when you return to Neuroscience Group for your post-operative visit. At this time, the therapist will give you an individualized exercise program, but to improve your recovery start walking as soon as you get home.

### ***Walking:***

- When you return home, start walking for 5 minutes at comfortable speed, six times per day, for a total of 30 minutes per day. The goal is to walk for 30 minutes once per day, but that takes time to achieve.
- The progression should follow the table below. **(EASY=no increase in back or leg pain and no shortness of breath.)** You should be able to carry on a conversation while walking; if not, you are working too hard and need to slow down your speed.
- You can add incline if you are using a treadmill, as you are able; the maximum incline should be 2%. A nice progression for increasing the incline is .5% every week.

Days	Minutes of Walking	Times per Day	Total Minutes for the Day
1 –5	6	5	30
6-10	10	3	30
11-15	15	2	30
16-20	30	1	30

***This is a “Sample”  
chart for your  
walking progression.  
Only increase your  
minutes of walking  
when it is EASY (no  
increase in back or  
leg pain and no  
shortness of breath).***

