



Activity Guidelines After Your ELECTROTHERMAL™ Disc Decompression Procedure

For 1-3 days following the disc decompression procedure, plan to rest in a comfortable position (i.e., lying down or reclining), and limit sitting or walking to 10-20 minutes at a time.

Return to work advisory

Sedentary work—Patients normally return to work in approximately one week, but may still be sore after the disc decompression procedure. Patients should be aware of the sitting restrictions given below.

For other job types, the decision should be made by the treating physician

Driving

Patients should not drive for the first 1-5 days, and then should attempt to limit driving to 20-30 minutes for the first six weeks after the disc decompression procedure. Also, the vehicle should have good lumbar support. A pillow may be needed to maintain lumbar lordosis (the normal low back curve).

As a passenger, patients should recline the seat and try to limit driving times to less than 45 minutes for the first six weeks. It is okay to recline and be driven home the day of the procedure.

Sitting

Patients should limit sitting to 30-45 minutes at any one time for the first six weeks, in a chair with good support. Also, patients should avoid sitting on soft couches or chairs, and should use a pillow or towel to maintain the lumbar curve when sitting. Standing and walking around as breaks between sitting periods or short periods of lying down are helpful.

Lifting

Patients should limit to 5-10 pounds for the first six weeks. The lower back should not be bent or twisted for the first six weeks.

Housework

There should be no bending or twisting for the first six weeks.

Manipulation

There should be no chiropractic manipulation or massage (unless otherwise noted), inversion traction, or traction for the first 12 weeks.

Exercise

Patients should walk daily, beginning at the end of the first week, for approximately 20 minutes. Then, walking should be increased to 20 minutes twice per day if tolerated, then progressively increased to one hour per day by the end of week four. If leg symptoms increase at any point, the duration of the walks should be shortened. Patients may do gentle leg stretches (hamstring, piriformis) with the back flat on the floor (extra care should be taken to ensure these are done properly). Abdominal brace exercises can begin at one week, with the back flat on the floor. Patients should not swim for the first four weeks.

Physical Therapy

Formal physical therapy normally begins approximately four weeks following the procedure.

Treadmills or stairmasters should not be used for the first three weeks unless the patient is instructed otherwise.

Special Instructions

*Intended for Physicians use only