CERVICAL SPINE RESEARCH SOCIETY®
FOUNDED 1973

Trusted by Surgeons. Focused on Patients. Dedicated to the Cervical Spine.

Return to Activity After Cervical Spine Surgery

*Please note: The information included is based off common recommendations. CSRS encourages you to review your specific recovery and return to activity with your surgeon.

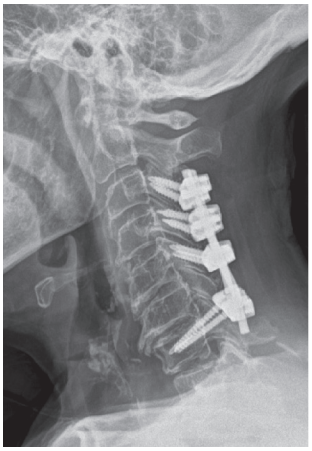
Depends on the type of surgery

Non-fusion surgeries

- Disc Replacement
- Laminoplasty
- Foraminotomy

Fusion surgeries

- Anterior cervical fusion
- Cervical corpectomy
- Posterior cervical fusion



Wearing a collar after cervical spine surgery

Typically not needed for:

- Disc placement surgeries
- Cervical laminoplasty
- Cervical foraminotomies

May need to wear a collar after surgery if:

- There is concern about the strength of the bone
- Multiple levels are fused
- The surgery was for a fracture
- If the patient feels the collar will help them from doing too much

Driving

- Can start once you are off pain medications and medications that can cause drowsiness
- Depends on your surgeon's protocol.
- If you had weakness in your arms and hand before surgery it may take longer to return to the wheel

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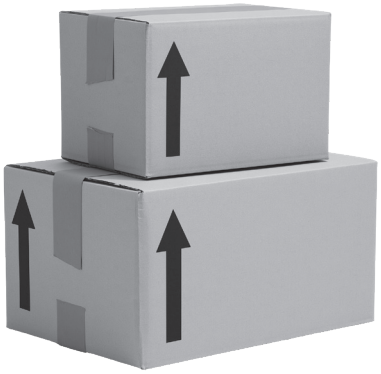
Lifting

- Limit to 10 lbs. the first 2 weeks and 15-20 lbs. next 4 weeks
- Discuss with your surgeon in case they have specific lifting restrictions



Returning to work

Depends on type of work

Office based

- Anterior fusion: 2 -3 weeks

Lifting/ manual work

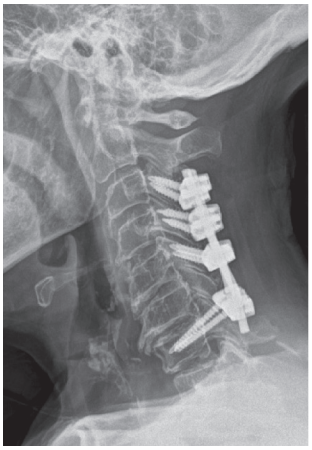
- Anterior fusion: 2 – 3 month

Posterior cervical fusion

- Takes longer to heal and at least 2 month

Return to Sports

- Can start low impact exercises within 4 weeks
- Contact sports need to wait until cleared by the surgeon.
- For high-level athletes return to sports may be delayed until the fusion is solid, which can take 6 months or longer



About CSRS

The Cervical Spine Research Society is a multidisciplinary organization of individuals interested in clinical and research problems of the cervical spine. Its purpose is to provide a forum for the exchange and development of ideas and philosophy regarding the diagnosis and treatment of cervical spine injury and disease. The organization values collegial interaction and strong scientific principles. Founded in 1973, the CSRS is the internationally recognized authority focused on the research and education of cervical spine disorders.

To learn more, watch *Return to Activity After Cervical Spine Surgery* from the CSRS website using the below QR code.

DISCLAIMER:
This content has been developed and reviewed by leading experts in cervical spine research. CSRS patient education materials are for general education and information purposes only and are neither designed nor intended to replace the giving of case specific or other medical advice, treatment or diagnosis. For any questions, please contact your doctor directly. CSRS is not able to offer medical advice.