

# Scoliosis and Kyphosis Post-Op Protocol

## TO DO:

0 - 8 Weeks

- ✓ Upright activities, log rolling when sitting up/laying down.
- ✓ Walking ~15 minutes per day; progressing to ~30 minutes per day.
- ✓ Hip stretching and gentle neck posture training.
- ✓ Scapular motion without resistance.
- ✓ Deep core stabilization in supine.
- ✓ Showering only (until incision is closed).

**AVOID:** Swimming and hot tubs until the incision is closed.  
Also avoid any bending, lifting and twisting.

## TO DO:

8 Weeks - 3 Months

- ✓ Bodyweight exercises 3x per week, log rolling when sitting up/laying down.
- ✓ Faster and longer distance walking.
- ✓ Continue hip, neck stretching as needed.
- ✓ Lower body strengthening.
- ✓ Scapular/postural strengthening. No weights until 10 weeks.
- ✓ Deep core strengthening/stabilization in supine, quadruped, standing, sitting.
- ✓ Scoliosis/Kyphosis specific exercises for posture and residual curves.

**AVOID:** Lifting >20lbs and jogging/running.  
Avoid any bending and twisting.

## TO DO:

## 3 - 6 Months

- ✔ Participate in low-impact and body weight training, but no running or jumping.
- ✔ Gradual Conditioning and Training for Sports at 4 Months: **No competition or contact sport.**
- ✔ Progressive resistance training specific to sport/recreational activity.
- ✔ Cardiovascular conditioning.
- ✔ Stationary bike and elliptical up to 30 minutes several days per week.
- ✔ Swimming.

**AVOID:** Trampoline, high risk activities. No competition or contact sport

## TO DO:

## 6 - 12 Months

- ✔ Participate in competitions/tournaments/games for sports.
- ✔ Contact sports and activities permitted, no activities where collision is high risk (football, rugby, hockey, etc).
- ✔ Plyometrics
- ✔ Progressive resistance training including higher level lifting.

**AVOID:** Trampoline, roller coasters until 12 months



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1054 E Riverside Dr Ste 201,  
St. George, UT 84790  
(435) 222-0207  
stgoffice@AlignTherapyUtah.com

230 North 1200 East #103,  
Lehi, UT 84043  
(801) 980-0860  
info@AlignTherapyUtah.com