

# Safety Measures following Spinal Surgery

After your child's spine surgery to correct scoliosis, it is important that safety measures are taken when moving him or her. Please follow the instructions on this pamphlet. The Occupational Therapist or Physical Therapist may talk with you about specific safety measures for your child.

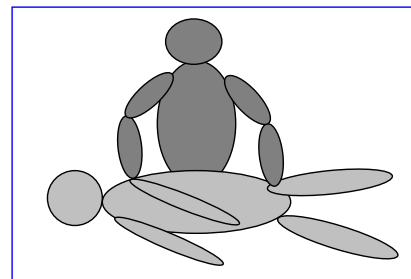
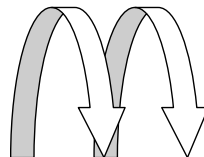
## 1. Keep the shoulders and the hips aligned when moving your child in bed

- It is important to keep the shoulders and hips aligned to avoid excessive pressure on surgical sites and new hardware.
- Do not twist or bend the spine.

### Bed Positioning: Log Rolls

Use log rolls to reposition your child in bed and prepare him or her for sitting.

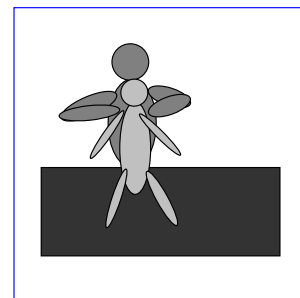
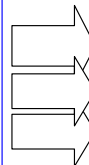
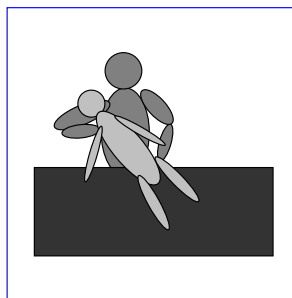
To do a log roll, place one hand on your child's shoulders and the other on your child's hips. Roll him or her on their side.



### Sitting Up

To help your child sit up, place your hands on your child's shoulder and alternate hip. For example, if you place your hand on your child's right shoulder, your other hand would be placed on your child's left hip.

If your child is able to, they may use their hands to help by pushing up.



## 2. Do not bend the hips past 90 degrees

- It is important to not bend the hips past 90 degrees to avoid curving of the lower back and sacrum (triangular bone at the base of the spine).
- This is important for children with tight hamstring muscles.



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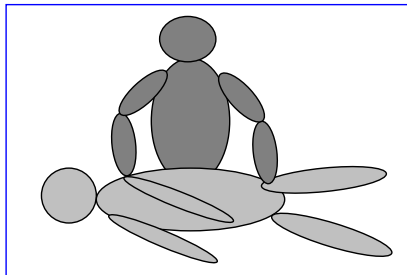
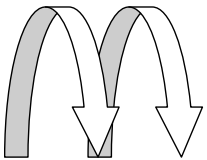
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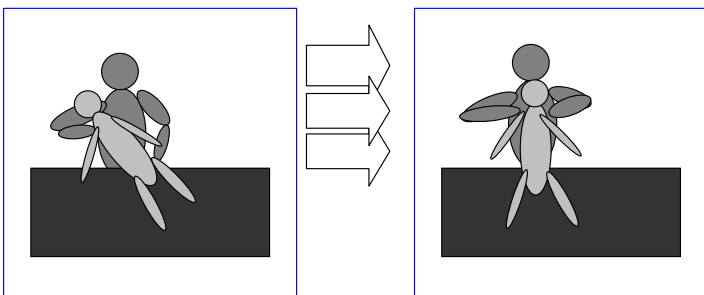
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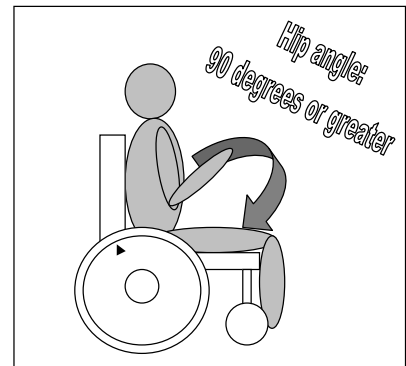
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Developed by the health professionals of Occupational and Physical Therapy with assistance from the Learning & Development Department