

VCU Health — Department of Neurosurgery

Postoperative Restrictions Deformity Correction

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This handout provides typical guidance. Recommendations may vary based on your specific procedure and recovery.

Activity	Earliest Time to Resume	Notes/Conditions
Showering	POD 3-5	Let water run over incision; no scrubbing/soaking.
Walking	Immediate	Strongly encouraged daily.
Riding in a car	Immediate	Limit to short trips initially.
Going to restaurant/store	2-4 weeks	As tolerated with pacing.
Desk work	4-6 weeks	Light duty; longer if fatigue.
Driving	3-4 weeks	Off narcotics and safe mobility.
Stationary bike	6 weeks	After incision healed.
Physical therapy	6-8 weeks	Formal PT when cleared.
Swimming	8 weeks	Incision fully healed.
Light jogging	3-4 months	Gradual progression.
Sexual activity	6-8 weeks	As tolerated.
Bending/lifting/twisting	3 months+	Avoid repetitive or loaded motion.
Heavy labor/contact sports	6-12 months	Case-by-case basis.

Call the Clinic or Seek Care If You Experience:

- New or worsening weakness, numbness, or bowel/bladder changes.
- Fever > 101.5°F, redness, swelling, or drainage from the incision.
- Uncontrolled pain, chest pain, or shortness of breath.

This handout provides typical guidance. Your surgeon may adjust recommendations based on your specific procedure and recovery.

Activity Restrictions

First 6 weeks: 5-10 lbs limit; avoid bending, lifting, twisting.

6-12 weeks: Increase gradually to 15-20 lbs as tolerated.

3-6 months: Gradual increase based on strength and healing.

After 6-12 months: Return to normal activity as tolerated (surgeon-specific).