



Inova
Spine Institute
Back in Action

Spine Surgery: A Detailed Guide about Your Surgery



**INOVA™ SPINE
INSTITUTE**

Welcome to Inova

Thank you for choosing Inova for your spine surgery.

Each year, more than 500,000 people in America undergo spine surgery. Primary candidates for this surgery include patients with chronic pain who have not responded to other conservative therapies or individuals who suffer from acute pain caused by progressive neurological damage that interferes with walking, exercise, leisure, recreation or work. The goal of spine surgery is to relieve pain, restore independence and return people to their daily activities.

Inova's Hospitals provide comprehensive care through an interdisciplinary spine care team of skilled professionals. Our team – including orthopedic surgeons, neurosurgeons, anesthesiologists, physiatrists, specially trained nurses, physical and occupational therapists, pharmacists, dieticians and case managers – works together to develop and implement individual treatment plans for each patient. Our commitment is to provide excellent care and involve you in your treatment through each step of the program.

This guidebook will provide you with information about what you can expect every step of the way – what you need to know before surgery, and how to care for yourself after surgery. Remember, this is just a guide; your spine care team may add to or change any of the recommendations contained here. Always ask questions if you are unsure of any information.

If you have any questions or concerns regarding your care while at our hospital or after you are discharged, our Inova Spine Institute is also here to assist you. The Inova Spine Institute's Nurse Navigators can be reached at **703-391-3667** any time with your questions.

Once again, thank you for your confidence in our team and for allowing Inova to assist you with your healthcare needs.

Best Regards,

Robert P. Theis, Jr.
Executive Director - Neurosciences
Inova Health System

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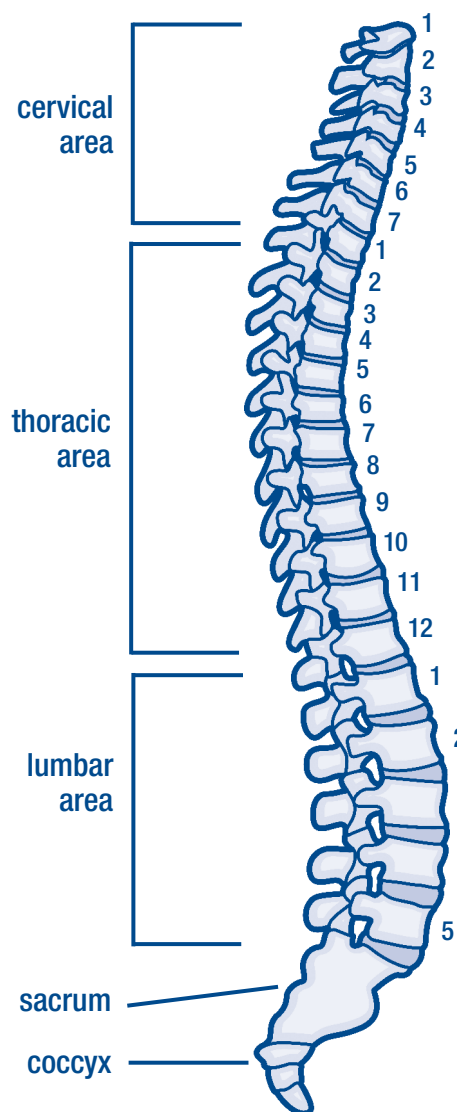
The information contained within this guidebook is intended to help you generally understand how to prepare for your spine surgery and what to expect after surgery. You may have specific questions or information that may not be contained in this guidebook. Additionally, your surgeon may provide you with information or guidance that may be different from this guidebook. Be sure to consult with your surgeon and follow your surgeon’s specific recommendations in such circumstances.

Knowing More About Your Spine

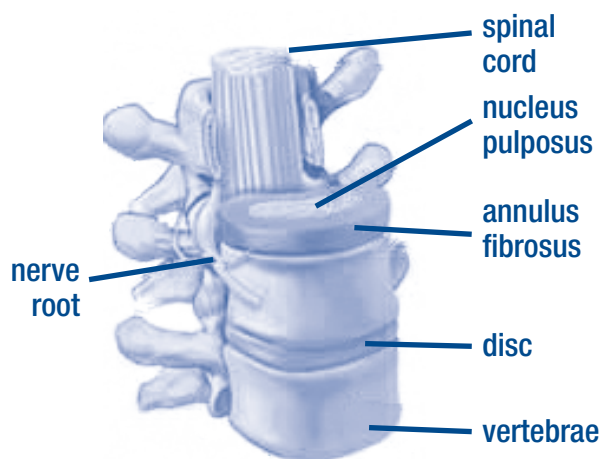
Basic Lessons in Spine Anatomy

Understanding the structure and function of your spine is important. It will help you determine how to move correctly after surgery and prevent further spine problems.

Five Major Sections of the Spine



Anatomy of a Spinal Disc



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Vertebra – bony segment of the spine. There are 5 vertebrae in the lumbar section of the spine.

Annulus – tough, fibrous outer covering that protects the inner jelly-like substance called the nucleus between each vertebra.

Nucleus – soft, jelly-like substance that provides cushioning between each vertebra.

Common Problems With The Spine

There are many different conditions or problems that can occur in the spine. Regardless of the type of condition, most patients experience pain and difficulty performing basic activities in life such as walking, sitting, driving, sleeping, bending or lifting.

There are many different types of surgical techniques used to correct or repair the problems that you may have with your spine. It is important that you are well informed about the surgical procedure planned for you. Each surgery is different and your surgeon will determine the best surgical techniques based upon your condition.

Examples of Disc Problems

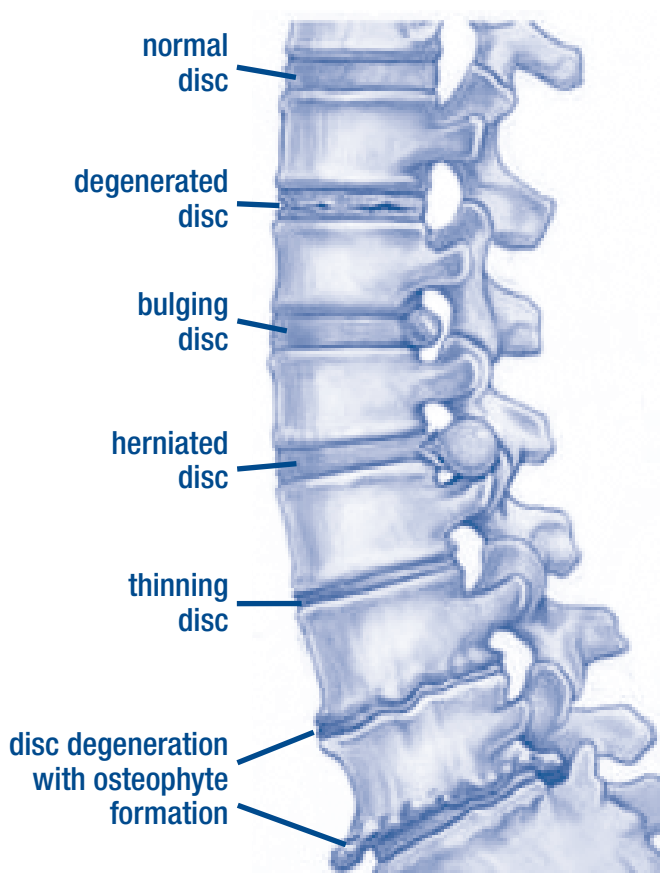


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Degenerated disc – has small ruptures or tears in the outer covering (annulus). This may or may not cause any symptoms of pain or discomfort.

Bulging disc – tears or ruptures in the inner lining of the annulus which allows the jelly-like nucleus to bulge outwards. This may cause pain, numbness or tingling in the leg if it pinches against a nerve.

Herniated disc – complete tear or rupture of the outer covering of the annulus that allows the jelly-like nucleus to ooze out and pinch against a nerve. In most cases this will cause pain, numbness or tingling.

Thinning disc – the wearing down of the annulus layer causing one vertebra to close in on another vertebra below it.

Osteophytes - bony overgrowth from the vertebra that look like bone spurs. Depending upon their location on the vertebrae, Osteophytes may pinch nerves.

By combining extensive clinical expertise with a compassionate staff and a caring treatment philosophy, we have created a world-class program you can trust.

Planning For A Successful Surgery

The *Back in Action* program at The Inova Spine Institute is committed to clinical excellence. Patients consistently rate our services among the best in the northern Virginia and the metropolitan D.C. area.

In order for your experience to be as successful as possible, we recommend that you review and familiarize yourself with the information contained in this guidebook. It is intended to provide important details that may help in your preparation for surgery and during the recovery phase after surgery. Please be sure to refer to the helpful list of resources in this guidebook if you need any assistance.

Listed below are some considerations to make your surgery a success.

- Schedule to attend a Pre-op Spine Class** – the Spine Pre-op Class is designed to provide you with information that will make your experience more successful. You can register online at inovaspine.org or by calling **855-My-Inova (694-6682)**. Our website also provides important information in case you are unable to attend a class. Our spine navigators can be of assistance to guide you with planning for your surgery.
- Plan to have a Coach** – this is a person who can be available to assist you before surgery, during your hospital stay, upon discharge from the hospital and for a few days after you are home recovering. This does not necessarily mean 24-hour assistance. It can be a friend, caregiver or family member who is available to assist you when needed. Let them be involved in the entire process and attend the Spine Pre-op Class with them.
- Medications, X-rays and MRI films** – make sure that you provide a list of all your current medications with dosages and any diagnostic imaging studies (X-Rays, MRI, CT scan or other films) to your surgeon well ahead of time. This will provide the surgeon with necessary information to make better plans for your surgery.
- Planning ahead at Home** – it is important that you plan ahead for your family and household needs during your hospitalization and for a few days after you get home. Things to consider are child care, pets, food arrangements, banking, transportation needs and grocery shopping. Your coach can play an important role here.
- Home Modifications** – It is important that you consider the following examples to modify your home environment:

 - Place all daily bathroom and kitchen items at waist level and within easy access.
 - Remove all throw rugs, electrical cords or wires that may cause you to trip or fall.
 - Rearrange furniture to create more open, wider walking pathways in hallways and rooms.
 - Place non-slip mat in the bottom of the shower/tub. Also purchase a shower caddy to place soap, shampoo and conditioner at convenient height and reach.
 - Consider adding grab bars in your shower for safety.
 - Check your stair rails to ensure they are secured and safe for use.
- Contact your insurance company** – verify your benefits and check if you will need preauthorization, precertification or a referral form from your surgeon. Obtaining proper information about your co-payment and co-insurance prior to the surgery will reduce the possibility of you having to make any unplanned out-of-pocket payments. After your surgery, you will receive separate bills from the surgeon, anesthesiologist, hospital, radiology and pathology (if applicable), physical therapy and possibly the surgical assistant. Please be sure to verify the specific requirements your insurance company may have about the participating status of these professionals.



❑ **Mental preparation for surgery and recovery** – this can be just as important if not more so than all the other items listed. Make the time to relax and mentally prepare yourself. This can have a remarkable impact on your post-operative recovery.

❑ **Stop Smoking** - Smoking, either before or after surgery, can be extremely detrimental to your health. Research has shown that smoking significantly increases a patient's risk for postoperative complications, such as pneumonia, infections in the surgical incision and pulmonary complications, including heart attack and stroke. The effects of these complications can be extremely serious and often fatal. Given this, we encourage patients to abstain from smoking for as long as possible, both before and after surgery. The earlier you quit, the greater your chances are of avoiding surgery-related complications.

Inova offers services for those seeking assistance with smoking cessation. For information on these programs, view page 26.

You can be confident that The Inova Spine Institute's team of professionals has the skill, experience and state-of-the-art equipment needed to help you return to your optimal level of function after surgery.

Regardless of the type of surgical procedure, the ultimate goal is to provide maximal benefit to you by decreasing your pain and improving your ability to function as normally as possible in daily life.





Preparing For Surgery: A Helpful Checklist

We need you and your family to work with us to help ensure that the healthcare we provide is as safe as possible. Please follow these instructions as you begin to prepare for your surgery.

Few Days Prior To Surgery

- Be sure to complete your Pre-operative Assessment.
 - You will likely need to complete blood tests, EKG and chest X-Ray.
 - Your date and time for the surgery will be confirmed at the time of this assessment.
 - You will need to provide a list of all medications and dosages, along with a list of allergies.
 - Provide an accurate medical history and contact information of all physicians who are involved in your care for any other medical reasons.
- Do not smoke at least 24 hours prior to surgery (*see page 26 for information on smoking cessation*).
- Consider eating healthier portions of foods with higher fiber content, low fat and consume plenty of water. Avoid caffeinated beverages and alcohol.

Night before Surgery

- Pack your overnight personal items (including items listed below that must be brought to the hospital).
- Shower with the antibacterial soap.
- Do not shave or wax body hair at least 48 hours prior to surgery. You may shave facial hair only, but prior to your showers.
- Do not apply creams, deodorants, lotions, powders or perfumes.
- Do not eat or drink anything as recommended by your surgeon or anesthesiologist (including gum or mints).
- Do not smoke within 24 hours of surgery (*see page 26 for information on smoking cessation*).

Day of Surgery: What you should bring to the hospital

- You will need to shower again with your antibacterial soap
- Driver's license or picture ID
- Health insurance card and your insurance co-payment (if applicable)
- Advanced directive, living will or durable power of attorney
- Current medication list and allergy list
- CPAP (Continuous Passive Airway Pressure) machine (if you typically use one)
- Incentive Spirometer (if one was provided at your pre-op class)
- Films or DVD of X-rays and/or MRI
- Any pre-fitted braces for your neck or back
- Containers for eyeglasses, contact lenses, dentures, hearing aids
- Clothes: Pants – loose waist or elastic waist, Shirt – large/wide collar or V-neck, Shoes – well-fitting (slip on shoes are acceptable)

Day of Surgery: What you should not bring to the hospital

- Jewelry, money (unless you have a co-payment for insurance) or any other valuables
- Be sure to remove all nail polish, jewelry, make-up and body piercings
- Actual medications from home (unless instructed by your physician)

My Medication List

Name: _____

Primary Care Physician: _____

Please list all prescription and over-the-counter medications (including vitamins, supplements, etc.) you currently take for any reason.

Medication Name	Dose	Frequency (times per day)	How taken (i.e., by mouth, etc)	Last taken

My Allergy List

Name: _____

Primary Care Physician: _____

Drug	Reaction

Food/Contrast Media/Other	Reaction

Day Of Surgery: What You Should Expect

Having followed our recommendations to prepare for your surgery, you are now well on your way to take the first step towards a more functional lifestyle. Our care team will assist you through the entire process while ensuring that your family and caregivers are well informed of your progress.

Pre-operative Procedures

- After you have registered, an identification (ID) bracelet will be placed on your wrist. To help keep you safe throughout your stay with us, you can expect each staff member who interacts with you to first check your ID bracelet to verify your name and date of birth before they administer any treatment or medication.
- A surgical care team will prepare you for surgery in the pre-op area. Here you will put on a gown, hat and slippers; and we will start intravenous (IV) fluids. You will see your surgeon and anesthesiologist, who will answer any questions you may have for them.
- You will be asked to participate in identifying your surgical site. This is done so that you can help us ensure that we are performing the correct surgery, at the right location of your body.
- Your care team will escort you to the operating room.

Post-operative Procedures

- After your surgery is completed, you will be in the Post Anesthesia Care Unit for about 1-2 hours. The care team here will help you awaken from anesthesia and provide pain medications to help you manage your pain.
- You can expect to be connected to several pieces of equipment such as an IV, oxygen mask, heart monitor, urinary catheter and pulse oximeter. Please note that this is all normal and required so that the care team can safely monitor your progress after surgery.
- Once you are awake and recovered from anesthesia, you will be transferred to our spine care area of the hospital. One of the staff on the care team will inform your family or caregiver about your new bed assignment in the spine care area.



Recovery On The Spine Unit

Expectations as you begin your recovery

For your safety and proper recovery immediately after surgery, you may have:

- Fluids administered intravenously (IV fluids) to keep you well hydrated if you are unable to eat or drink yet. The IV can also be used to administer pain medications if necessary.
- Urinary catheter that will drain your bladder.
- Drains (tubes) to remove fluid from the surgical site to ensure proper healing.
- Compression stockings and devices on your legs to prevent swelling in your legs and reduce the chance of getting blood clots.
- An incentive spirometer used to encourage deep breathing hourly.

After surgery

After surgery, your first meals will be light while you are recovering from anesthesia.

You may enjoy:

- Ginger ale
- Ice chips
- Jell-O
- Tea
- Broth

We will let you rest as much as possible although your sleep may be interrupted to allow us to:

- Check your vital signs regularly.
- Monitor your fluids to ensure you are well hydrated.
- Check your pain status and administer medications.
- Perform your early morning lab work.

A Word about Pain Management

Your pain will be evaluated on a numerical scale of zero (means no pain) to 10. While everyone experiences pain differently, the following descriptions will help you communicate your level of pain to your care team. It is important that you become familiar with rating your pain using this scale before your surgery. Helping us manage your pain better will ensure that you are fully able to participate in your therapy program.

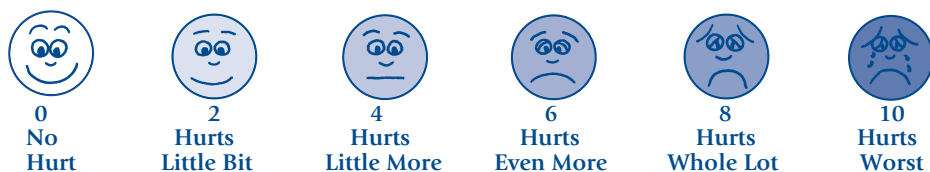
Post-operative pain is to be expected and the intensity of pain will vary from one person to the next. We are committed to evaluating your pain consistently and regularly during your stay with us. We will provide adequate medications to help control your pain as you begin your recovery process.

Pain Rating Scales

Choose A Number From 0 to 10 That Best Describes Your Pain



Choose The Face That Best Describes How You Feel



Approaches to Managing Your Pain

We may use several different approaches to help you manage your pain more effectively.

Some of the choices are:

- Chemical methods
 - PCA (Patient Controlled Anesthesia) pump – allows you to deliver set dosage of medication in a timed manner.
 - Oral pain medications – provided at your surgeon’s recommendation.
 - Muscle relaxant medications – provided at your surgeon’s recommendation.
- Physical methods
 - Repositioning in bed or sitting in a chair for brief periods of time.
 - Use of ice packs or heat packs.
- Alternative methods
 - Relaxation through music or guided imagery.

Planning For Discharge From The Hospital

You are the most important member of the care team. You will be expected to participate actively in your own healing, so that you can achieve the level of recovery required for discharge from the hospital. Your plan for discharge will depend upon your recovery from surgery and your ability to get out of bed, walk and move about safely.

Discharge after surgery is a team guided decision that will depend upon:

- Your medical recovery after surgery
- Your ability to move about and perform basic self-care activities safely
- Your ability to manage activities of daily living at home

Your care team will include your surgeon, nurse, physical & occupational therapists, case managers, clinical technicians and your spine navigator.

The type of surgical procedure and your recovery will determine your length of stay in the hospital. Your stay can vary from discharge on the day of surgery for minimally invasive procedures up to a couple of days for more complex surgical procedures.

Depending upon the type of surgical procedure you undergo and your recovery from it, your stay in the hospital may require active participation in a physical rehabilitation program consisting of Physical Therapy and Occupational Therapy.

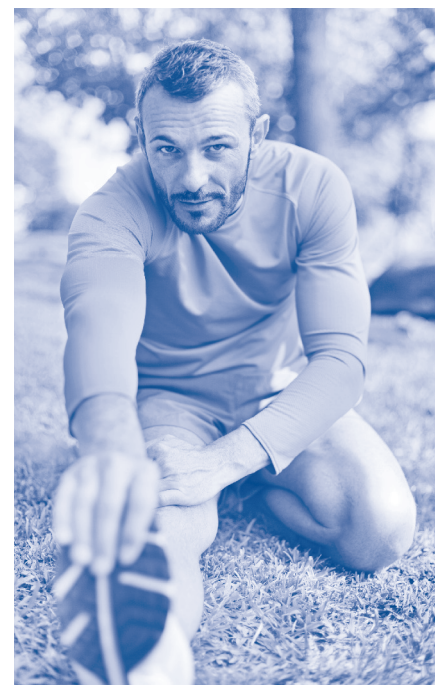
The goals of **Physical Therapy** will be to teach you how to:

- Get in and out of bed safely
- Move from sitting to standing and then to a bedside chair safely
- Safely Walk
- Climb stairs
- Do your post-surgery exercises

The goals of **Occupational Therapy** will be to teach you proper body mechanics and safe ways for:

- Dressing while you heal from surgery
- Bathing/Toileting
- Using the restroom
- Grooming/hygiene at the sink
- Getting in and out of a vehicle
- Doing other home or work related activities that are important to you

A nurse or therapist will periodically assist you with getting out of bed and into a bedside chair for brief periods of time. You will also be expected to walk with the assistance of a nurse or therapist. These activities will occur soon after surgery and when you are medically stable.



The information provided below is intended to provide general guidelines for activities and exercises after surgery. It may not be specific to the recommendations of your surgeon. Always be sure to follow the specific recommendations from your surgeon.

Back At Home

Expectations

Returning home does not mean that you are ready to resume normal activities right away. Upon your discharge you should expect to walk at home (using a walking aid such as a walker or cane if recommended by your therapist), be able to get into and out of bed and perform basic self-care and hygiene activities independently.

Activities to Avoid

- No driving – you can expect instructions on when you may resume driving from your surgeon.
- No smoking – it decreases circulation and slows down healing (*see page 26 for information on smoking cessation*).
- Avoid sitting or standing for more than 20 minutes at a time - change your positions often.
- Avoid excessive stair climbing.
- No soft or low chairs, sofas, rockers or waterbeds, as they are hard to get out of.
- No baths or hot tub until your surgeon agrees to it.
- Avoid sexual activity – you will need to consult your surgeon for further directions.
- No Bending, Lifting or Twisting (BLT).
 - Avoid lifting anything below waist level or above shoulder level.
 - Do not lift any objects more than 5 lbs (eg. one gallon jug of milk).
 - Do not twist your neck or back.

Activities Allowed and Encouraged

- Do as much as you can for yourself safely. Be sure to follow the spine precautions carefully.
- Walk at home frequently (at least 3-4 times) during the day and outdoors if possible with your coach. Use your brace and/or walking aid if recommended by the surgeon or therapist.
- Perform the exercises as recommended by your therapist daily.
- Get frequent periods of rest through the day so you do not over fatigue your back muscles.

Caring For Your Incision

- Initially, keep your incision dry. When allowed to shower, be sure to dry your incision site well after showering by dabbing a clean, dry towel over it.
- Keep your incision covered with a light dressing if recommended by your surgeon.
- Do not attempt to remove the steri-strips (small pieces of tape across the incision), sutures or staples.

Managing Your Pain At Home

A certain amount of pain or discomfort can be expected until the inflammation and nerve sensitivity has subsided. Gradually use less pain medication by increasing the amount of time between taking pills. Try to use alternative methods of reducing pain or discomfort such as ice packs, heating pads, repositioning (changing positions frequently).

Maintain a Well Balanced Diet

A nutritious and well balanced diet will aid the healing process. Constipation is another common problem that can occur as a side effect of pain medications. To avoid these problems, your daily diet should include food from all basic food groups: dairy products, meats, whole grains, fresh vegetables and fruits. Consume plenty of fluids but avoid alcohol. You may have sports drinks or fruit juices in moderation. Over the counter products such as Colace, Senekot or Metamucil may be used to supplement your diet if you still experience constipation.

Important Things to Monitor

There are times when people can experience various signs or symptoms for the first week after they return home. It is important that you are aware of some of these signs or symptoms that may signal a more serious problem such as an infection or blood clots.

You **MUST** notify your surgeon or seek immediate medical care if you experience any of the following:

- Increasing swelling, pain or redness at or around the incision site
- Any change in color, odor or amount of drainage from the incision
- Fever greater than 100.5 degrees three or more days after surgery
- Severe pain, swelling, heat or tenderness in the calf, back of the knees or groin area
- Sudden shortness of breath, chest pain or difficulty taking deep breaths
- Severe stomach pain or nausea accompanied by vomiting
- Confusion



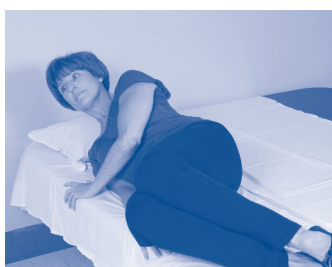
Standard Spine Precautions

Getting Out of Bed

The steps to get out of bed that are outlined below are also known as “log rolling”.

If you are lying on your back:

- Gently bend your knees up one at a time and slowly roll your knees and body together to your side.
- Push yourself up, slowly, onto the elbow on that side, using your arms to assist you.
- Let both your legs slowly swing over the edge of the bed.
- At the same time, use your elbows and hands to push yourself up to a full sitting position. Keep your back straight.
- After you’re sitting in a balanced position, scoot your hips forward until both feet touch the floor.
- Keep your back straight and come to a standing position using your thigh muscles.



Getting Into Bed

Before getting into bed, place your bedcovers and pillows near enough that you can reach them when you lie down. The steps outlined below are essentially the reverse of the steps listed above for getting out of bed.

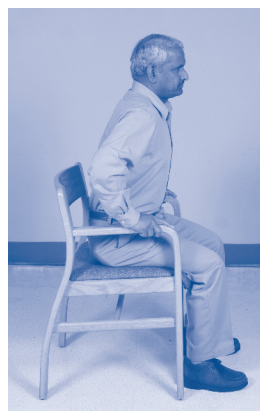
- Sit on the edge of the bed
- Prepare to lie on your side by resting on your elbow and slowly raising your legs. Don’t twist your back.
- Continue to ease into a lying position. You should end up on one side, with your knees bent toward your chest (in the fetal position).



Preparing to Stand

Before you attempt to stand, slide as close to the front of your seat as you can. Then:

- Make sure you can touch the floor with both feet, then place your feet 6-8 inches apart.
- Place one foot slightly behind the other to maintain your balance.
- Keep your back straight at all times.
- Lean slightly forward at the hips and push up using your arms and legs. Use an armrest, rail or other sturdy surface for support if you need help balancing.
- Use your thigh muscles to help you rise and stand.



Wearing your Brace

Your physician will decide if you need a brace after surgery and how long you will need to wear it. You may be instructed to wear your lumbar brace under your clothing. Always be sure to put on your brace as soon as you are out of bed. You will need to take off your brace before you get back in bed. Do not wear your brace in the shower.

Proper technique to wear your lumbar (low back, left) and cervical (neck, right) brace.



Braces are intended to support your neck or low back muscles after surgery. They are also intended to limit excessive movement after surgery. Your brace must fit snug but should never be so tight as to cause pain, tingling or numbness anywhere. If you experience these symptoms after wearing your brace, please contact your physician immediately and discontinue the use of the brace until you receive further advice.

Helpful Tips To Ease You Back Into Daily Activities

Personal Grooming, Showers and Baths

Because most sinks are low, some personal grooming activities — such as brushing your teeth, doing your hair or shaving might be uncomfortable.

Follow these tips:

- If your sink is lower than your waist, consider sitting in a chair while brushing teeth or washing your face.
- If your sink is waist level or higher, be sure to bend from your hips and knees slightly, keeping your neck and back straight.
- Wash your hair while standing or sitting in a shower (use a shower chair if you have one).
- Use a bath mat or slip-resistant strips on the shower floor. Make sure the floor is dry before you step onto it.
- To avoid twisting and bending, use soap-on-a-rope, a long-handled scrub brush, or a hand-held shower nozzle to extend your reach.
- The most difficult areas to wash, without bending forward, are your legs and feet. When washing your legs and feet, use a long handle shower brush/sponge.

Dressing

It is important that you plan for your wardrobe needs following surgery ahead of time (at least 1 week prior to surgery). You will need assistance doing your laundry for a period of time after your surgery. Listed below are some tips that may make dressing easier immediately after surgery. While you're recovering from surgery, avoid using bottom drawers, closet floors or overhead storage bins to store your clothes.

- Before dressing, gather the clothes you plan to wear (including socks and shoes), so you don't have to make multiple trips to your closets and drawers.
- Select comfortable, loose-fitting clothes and slip-on shoes.
- Sit on the edge of a bed or chair to dress rather than stand.
- Wear button-front shirts and front zippered jackets rather than pull-over type garments.
- Use your reacher, sock-aid and shoe horn to put on socks and shoes.

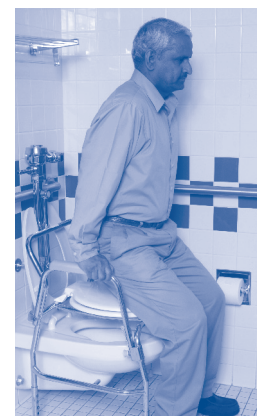


Using a Toilet

It is recommended that you purchase an elevated toilet seat (if you had low back surgery) to ease transition onto and off the toilet seat after surgery. Use the same directions provided above under the section "Preparing to Stand" to assist you.



Step 1



Step 2

Brushing Your Teeth

Consider using a foot rest to support your leg while brushing your teeth. This will help take pressure off your back while standing for any period of time. You can also switch the foot rest to the other leg from time to time.



Correct



Wrong

Getting Into and Out of Your Vehicle



Step 1: Prepare to exit



Step 2: Move both legs together



Step 3: Step off slowly

Lifting After Your Surgery

Correct Technique for Lifting

- Get as close to the object as possible.
- Bend your hips and knees slightly.
- Grasp object close to your body.
- Then lift the object slowly.

Do Not

- Lift objects greater than 5 lbs until your physician approves of it.
- Bend your neck and back when lifting.
- Lift objects above shoulder height.
- Lift objects off the floor for at least 2 weeks after surgery..



Correct



Wrong

Reaching

Work within a comfortable range of motion (between the top of your head and your fingertips). Avoid stretching forward. Instead of standing on your toes to reach overhead items, use a stepstool.

Do not attempt to lift any object greater than 5 pounds after surgery unless you have been approved to do so by your physician.



Bend hips and knees



Lift only to shoulder level



Use a step stool if reaching overhead

When reaching:

- Place your feet shoulder-distance apart.
- Put one foot slightly ahead of the other.
- Contract your pelvic muscles to stabilize your lower back (your therapist will discuss this further).
- Use a reacher tool to retrieve objects, especially if squatting is difficult for you.

Exercising After Surgery

Your physical therapist and occupational therapist will play an important role in your immediate recovery after surgery at the hospital. Regaining your ability to perform simple daily tasks such as getting out of bed, toileting and walking may seem difficult after surgery; however, it is very important that you make every effort to perform these activities with the assistance of your nurse or therapist.

Walking and moving about soon after surgery greatly reduces your risk of developing blood clots in your legs or getting pneumonia from inactivity. Moreover early mobility is strongly linked to better recovery after surgery.

After you return home, we recommend that you make daily walking a part of your routine. You may be instructed in other specific exercises during your hospital stay, if so you must perform those exercises daily. It is important to understand that activity should be increased gradually and should always be performed in moderation. Overactivity can cause increased pain and damage to the surgical site.

If you are experiencing any prolonged difficulty in recovering your ability to walk or perform other daily tasks, your physician may recommend a brief course of outpatient therapy. The goal of such a therapy program is to assist you in regaining a more functional lifestyle and returning to your prior level of daily activity.

If you were used to jogging, running, bicycling or weight training prior to surgery and plan to return to those activities, you will need to consult your physician about when you can safely resume those activities.

Inova Post-hospitalization Services

Your recovery process after surgery will be determined by how well you are able to perform basic functional activities of living right after surgery. Based on your ability to perform basic activities such as walking, getting in and out of bed, using the restroom and dressing yourself, your physician and therapist will determine the best setting for your recovery after the hospital. Remember, our goal is to make sure you can function in a safe and effective manner always.

There are several post-hospitalization options available depending upon your condition after surgery. Listed below are some of the options available within Inova Health System's post-acute care continuum and the criteria for making decisions on admissions.

Inova Mount Vernon Acute Rehabilitation Center

Criteria:

- Must require 24-hour nursing care and daily physician oversight
- Must be able to participate in 3 hours of therapy daily

Services provided as an inpatient at the hospital:

- Physician care
- Nursing care
- Physical, Occupational and Speech Therapy (based on need)

Timeframe:

- About a week to 10 days or more

Inova VNA Home Care

Criteria:

- Must be considered temporarily home-bound as a result of the recent changes in your medical status

Services provided within your home:

- Nursing care
- Physical, Occupational and Speech Therapy (as needed)

Timeframe:

- Generally about a week to 10 days

Inova Outpatient Rehabilitation

Criteria:

- Must be able to travel to and from your outpatient appointments about twice a week
- Must be able to arrange for your own travel plans

Services provided at either a hospital-based outpatient center or independent outpatient center:

- Physical, Occupational and Speech Therapy (based on need)

You have the ability to select any center based on your needs. Your case manager at the hospital will assist you during your discharge planning. Since insurance coverage for the various services can differ significantly, please be sure to work with the case manager to obtain the best post-acute care option that will meet your needs.

The next few pages will provide detailed maps and locations of our various centers.

Inova Rehabilitation Programs

- We offer the most specialized programs.
- Our locations are convenient to where you live or work.
- We participate with most major health insurance carriers as well as Medicare, Medicaid and Workers' Compensation.
- We are backed by the strength of Inova Health System, the region's leading not-for-profit healthcare provider.

Your individualized program begins with a complete evaluation. We consider your age, medical history and current condition before designing a rehabilitation program around the level of activity you want to achieve. We work with you one-on-one and as a team.

We teach you how to gain strength and mobility through at-home exercise. And we show you how to prevent recurring injury.



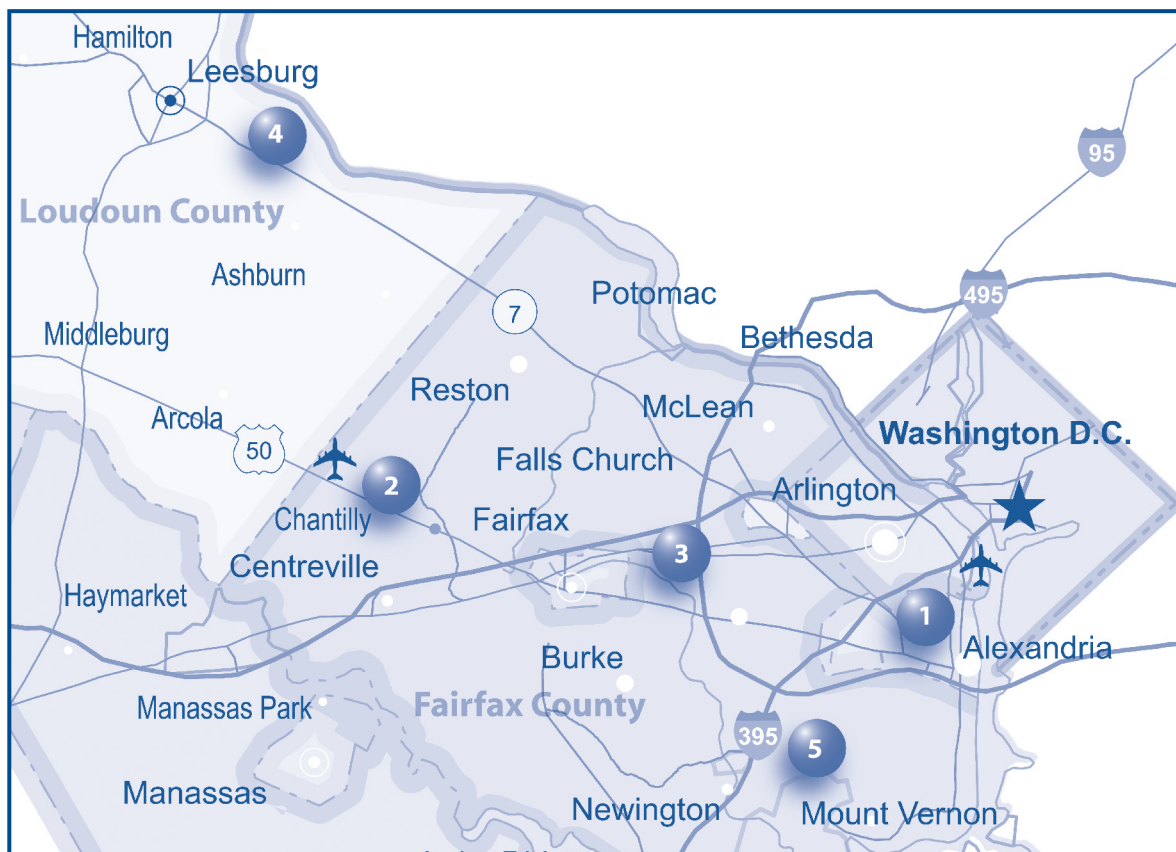
Specialized Programs

- **Orthopedic/Sports Medicine Rehab** — treats people continuing their recovery from musculo-skeletal conditions, injury and surgery.
- **Hand Rehabilitation** — maximizes function of hands and upper extremities after surgery and in cases of fracture, joint disease and softtissue injury. Also protects joints through static and dynamic splinting.
- **Total Body Fitness** — combines a highly detailed fitness assessment with individualized exercise instruction to maximize your personal total body fitness goals following physical therapy.
- **Orthotic Fabrication** — custom-molded shoe inserts to improve or correct abnormal lower extremity biomechanics.
- **Neurological Rehabilitation** — comprehensive physical, occupational and speech language pathology services for people with neurological disorders and those recovering from stroke and brain or spinal cord injuries.
- **Pediatric Rehabilitation** — therapy for newborns, infants and children with a wide variety of illnesses, injuries and disorders.
- **Women's Physical Rehabilitation** — treats incontinence, pelvic pain and post-surgical and postpartum musculoskeletal disorders.
- **Balance Rehabilitation** — assists people with dizziness or balance problems.
- **BONE (Beating Osteoporosis Now with Exercise and Education)** — helps prevent osteoporosis and maintain activity and mobility for people already diagnosed with osteoporosis or osteopenia.
- **Massage Therapy** — therapeutic deep tissue, sports therapy and Swedish massage available at certain locations.
- **Aquatic Therapy** — allows patients with numerous conditions to begin exercising in a reduced weight bearing environment. These small group sessions are conducted in a warm therapy pool.

Our clinical specialists also provide community educational programs that cover a wide variety of health, injury prevention and sport specific topics.

Our network of centers makes us the leading provider of rehabilitation therapy in Northern Virginia.

Outpatient Rehabilitation Centers (Hospital Based)



1. Inova Alexandria Hospital

4320 Seminary Road
Alexandria, VA 22304

2. Inova Fair Oaks Hospital

3600 Joseph Siewick Drive
Fairfax, VA 22033

3. Inova Fairfax Hospital

3300 Gallows Road
Falls Church, VA 22042

4. Inova Loudoun Hospital

44045 Riverside Parkway
Leesburg, VA 20176

5. Inova Mount Vernon Hospital

2501 Parker's Lane
Alexandria, VA 22306

*Call **703-391-3667** to reach a spine care navigator who can help you find the treatment you need at one of our convenient locations.*

Inova Physical Therapy Center Locations

1. ASHBURN

20905 Professional Plaza, Ste. 110
Ashburn, VA 20147
PHONE: 703-726-1616
FAX: 703-726-1613

2. CENTREVILLE

6201 Centreville Road, Ste. 500
Centreville, VA 20121
PHONE: 703-263-2095
FAX: 703-263-2098

3. DULLES SOUTH

24801 Pinebrook Road, Ste. 200
Chantilly, VA 20152
PHONE: 703-722-2525
FAX: 703-327-6708

4. FAIR OAKS

Inova Fair Oaks Hospital Campus
3620 Joseph Siewick Drive, Ste. 106
Fairfax, VA 22033
PHONE: 703-391-2450
FAX: 703-391-3142

5. FRANCONIA-SPRINGFIELD

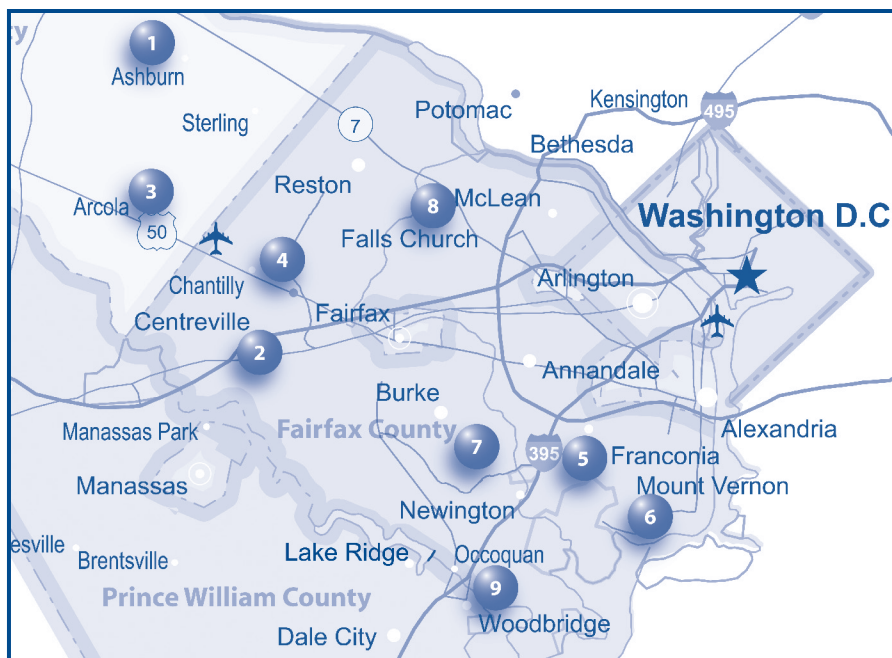
Inova HealthPlex
6355 Walker Lane, Ste. 404
Alexandria, VA 22310
PHONE: 703-797-6900
FAX: 703-797-6905

6. MOUNT VERNON

8101 Hinson Farm Road, Ste. 401
Alexandria, VA 22306
PHONE: 703-664-7660
FAX: 703-664-7663

7. SPRINGFIELD

8348 Traford Lane, Ste. 100
Springfield, VA 22152
PHONE: 703-569-7335
FAX: 703-569-0665



8. TYSONS/VIENNA

8320 Old Courthouse Road, Ste. 410
Vienna, VA 22182
PHONE: 703-734-2889
FAX: 703-734-2139

9. WOODBRIDGE

Potomac Hospital Campus
2280 Opitz Boulevard, Ste. 120
Woodbridge, VA 22191
PHONE: 703-580-5160
FAX: 703-580-6880
*A partnership of Potomac Hospital
and Inova Health System*

HOSPITAL LOCATIONS

Inova Alexandria Hospital
PHONE: 703-504-3535

**Inova Fairfax Hospital and
Inova Fairfax Hospital for Children**
PHONE: 703-776-6080

Inova Fair Oaks Hospital
PHONE: 703-391-3642

Inova Loudoun Hospital
PHONE: 703-858-6000

Inova Mount Vernon Hospital
PHONE: 703-664-7190

For more information, please visit inova.org/physicaltherapy, or call the Inova Physical Therapy Center near you.

Inova VNA Home Health

Inova VNA Home Health is the leading home care agency in Northern Virginia and brings quality, skilled and coordinated healthcare services directly to you in the comfort of your home. With a focus on patient satisfaction, their expert nurses and therapists will tailor a treatment plan to meet your specific needs and help you regain your independence.

Inova VNA Home Health services include:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech/Language Therapy
- Medical Social Work
- Home Health Aide Service

Inova VNA Home Health is a Medicare-Certified Agency and is accredited by The Joint Commission, the national accrediting organization for hospitals and healthcare facilities. Accreditation is awarded only to those home care agencies that meet the highest standards in patient care.



*For more information, please visit us online at [inoa.org/homehealth](https://www.inova.org/homehealth) or call Inova VNA Home Health at **571-432-3100**.*

Inova HealthSource Personal Quit Coach (Smoking Cessation)

The Inova HealthSource Personal Quit Coach Program assists you with your efforts to stop using tobacco products. Over a twelve week period, program participants receive online education, complete activities and work with a Personal Quit Coach to develop individualized goals and a smoking cessation plan. Each program is built upon an online coaching relationship that allows you to participate from the comfort of your own home, at times convenient for you. The program is tailored to your personal needs and based on your tobacco habits and lifestyle.

Benefits of the program:

- **Track Progress & Create Accountability:** Measure your efforts through regular communication with your personal Coach.
- **Develop Personal Goals:** With your Coach, create objectives based on your habits and lifestyle.
- **Convenience:** Gain online access to classes and your personal Coach from the comfort of your home.
- **Support:** Get the help and encouragement needed to make healthy lifestyle changes.
- **Trusted & Confidential Answers:** Get feedback and guidance from your Coach whenever you have questions.
- **Reputable:** Gain online access to tip sheets, workshops and self-care information developed by our expert team.

Individual programs that can help you quit

Internet Counseling: Personal Quit Coach – Contact for pricing

Work with a Quit Coach to design a personalized quit plan based on your lifestyle. This 12-session online program will provide you with individualized attention and support throughout your quitting process. For more information or to register for the program, call **855-My-Inova (694-6682)** or visit inovahealthsource.com.

Freedom from Nicotine – Contact for pricing

During this 6-session class you will develop your quit plan and learn to overcome the urge to use tobacco. The program includes relaxation and stress management techniques. For more information, visit inova.org/healthclasses.

Inova Tobacco Cessation Website – Free

This is a free, self-guided, online support program. For more information, visit quittogether.inovahealthsource.com.

Knock Out Nicotine Group – Free

This support group meets the 2nd and 4th Saturday of each month, from 11:00am-12:00pm at 2700 Prosperity Ave, Suite 100, Fairfax, VA 22031. No registration is required to participate.

*Want to learn more about Personal Quit Coach programs and pricing?
Visit inovahealthsource.com*

Pre-op Education Course – Patient Attestation

Prior to having surgery, we ask that you complete our pre-op education course, *Back in Action*. The course is a free, helpful educational session for patients preparing for spine surgery. It is offered both in person and online. For details on course registration, call **703-391-3667**.

Upon completion of the course, please sign and return this form to a member of our team.

Patient Attestation

By signing below, I certify that I have completed the *Back in Action* pre-surgical education course.

Date of Training:

Check type of training completed:

Back In Action – Online Course

Back In Action – In Person Course

Patient Name (Please write clearly):

Date:

Patient Signature:
