



S O U T H W E S T

Spine & Sports

Relieve, Repair, Regenerate – *Naturally*

PROTOCOL FOR PHYSICAL THERAPISTS POST DISCSEEL® SPINAL PROCEDURES

2024



NON SURGICAL

DISCSEEL®

SPINE PROCEDURE



@SWSPINEANDSPORTS
@APPHYSICALTHERAPY

Purpose

The purpose of this protocol is for Southwest Spine & Sports to advise physical therapists on some of the general movements a patient can/cannot do following the Discseel® spinal procedure. Ultimately, treatment using the Discseel® procedure results in healthier, less painful discs and improvement in low back pain. A considered, informed approach by a physical therapist can help ensure the best chance of restoring the patient's function and abilities long term.

Scope

Southwest Spine & Sports recommends a patient starts physical therapy after approval from Dr. Michael Wolff, MD at the 4-week follow-up appointment and receives individualized therapy twice a week for at least 4 weeks. The physical therapist is to tailor the therapy by protecting the injured area in the spine from inflammation and irritation and avoiding any aggravation of the 'healing environment'.

Responsibility

The Physical Therapist is responsible for personalizing all treatment according to the patient's symptoms post procedure and to take into account their previous functional abilities and activities. At all times, the patient is to be advised on practicing good body mechanics, proper spine alignment ("neutral spine") and ergonomic methods to ensure optimal safety and protection.

Responsibility

The Patient is responsible for easing back into physical activity at a pace that their body is comfortable with and according to the course recommended by the physical therapist.

Any questions are to be directed to Callie Peck, MS, RN, Director of Regenerative Medicine at Southwest Spine & Sports - Cell (480) 620-3852

Post Spine Procedure Instructions

In general the patient may experience numbness and/or relief from their typical pain for up to 4 to 8 hours after the Discseel® Procedure. This is due to the anesthetic injected so the patient's painful back symptoms may return and be worse for a day or two after the procedure. The patient is able to start slowly walking multiple times a week with slight stretching then build their level of physical activity gradually over 4 weeks. Patients typically return to their previous baseline of activity at about 4 weeks. The beneficial effects of the Discseel® procedure will continue to heal the spine and signs of improvement will typically be felt with a successful return to most activities at 3 months and optimal results appearing at 6 months.

Medications and Treatment:

- No heat or ice is to be applied to the injured spinal area for 2 weeks
- No Aspirin, Aspirin products, or NSAIDs for 4-6 weeks
- No Fish Oil or Vitamin E supplementation for 4-6 weeks

Physical Activity and Exercise:

- Days 1 & 2: Light activity is permitted e.g. a short walk for 5 minutes morning and afternoon
- Day 3: Light activity can continue to be increased by 10% increments daily
- Driving is allowed
- No dishwasher loading for 2 weeks
- No twisting for 2 weeks
- No bending for 2 weeks
- No laundry for 2 weeks
- No heavy lifting and avoid any loading of the spine for 4 weeks
- No crunches, sit-ups, push-ups for 4 weeks. (Planks are acceptable if a Physical Therapist “spots” the patient)
- Arm workouts e.g. bicep curls, arm circles are allowed if the back is not affected
- No swimming before 3-4 weeks but it is advised a float is used to help avoid spine flexion (walking in a pool is great for non-weight bearing activities)
- No hiking before 4 weeks
- Try to avoid stairs as much as possible in the first four weeks
- No yoga or pilates before 4-6 weeks. Avoid spine flexion positions e.g. cat-cow, cobra, downward dog etc. for 4-6 weeks
- Sexual intercourse is permissible without any flexion and rotation of the spine
- Golf may be permissible after 12 weeks but it is advised an instructor is utilized initially to ease the patient’s back and avoid repeating some of the previous pre-procedure techniques or movements
- Chiropractic care is to be avoided for 3+ months

RECOMMENDED EXERCISES

Week 4-5

Active warm-up

Cat/cow

Deadbug

Bird dogs

S2S (Sit to stands)

Modalities PRN

Week 6

LTR (Lower trunk rotations)

Chinese Planks / Planks

Pallof press

PVC hip hinge

Modalities PRN

Week 7-8

Bent over row

Kettlebell Deadlift

Squats

Modalities PRN

Week 9+

Begin rotational exercises

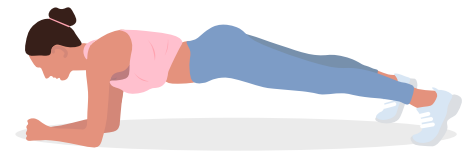
Progressive resistance training

Address any remaining mobility deficits

Modalities PRN

Weeks 12+

Golf or sport-specific training (4 week program)



This protocol has been crafted to meet the specific needs of a patient who has undergone the Discseel® procedure, however it may need to be modified to match the individual needs of the patient and should not replace clinical judgement.

Please contact Southwest Spine & Sports with post-operative questions.

<https://pubmed.ncbi.nlm.nih.gov/24100287/>

<https://pubmed.ncbi.nlm.nih.gov/23821469/>

<https://pubmed.ncbi.nlm.nih.gov/33683497/>

