

Physical Therapy After Multi Level Surgery

What you can expect

This handout summarizes the goals you and your child will work on with your physical therapist during your hospital stay.

Positioning

- Changing your child's position often (called "positioning") can help them stay comfortable and keep their skin healthy.
 - We will talk with you about your home environment to explore the best options for positioning your child at home. This might include time on the floor, in a chair using a positioning device or in bed.
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Options for positioning at home:

- Goal completed for positioning
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Bracing

If your child is in a removable brace, we will teach you how to take the brace off and put it back on. This is so that you can check your child's skin, help them go to the bathroom, bathe them and do range of motion and other exercises.

Instructions for bracing at home:

- Goal completed for bracing
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Range of motion

- Keeping your child's joints and muscles healthy is important while they heal. You can help by learning range of motion exercises.
 - We will give exercises to do daily at home with your child.
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Instructions for range of motion:

- Goal completed for range of motion
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To Learn More

- Physical Therapy
206-987-2113
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Transfers and bed mobility

- Your child will likely need more help after surgery to move around where you live, in and out of bed, and in and out of vehicles .
- We will teach you the safest ways to support your child in moving.
- You will practice moving your child in bed and transferring them into a wheelchair before going home.

Doing transfers at home:

Number of people: _____ Mode: _____

- Goal completed for transfers

Equipment

- We will assess your child's needs for equipment before you go home.
- This may include a walker, rental wheelchair, slide board or other pieces of equipment to keep your child safe while they recover.

Equipment for home:

- _____
- _____
- Goal completed for range of motion

Things to consider

- Our goal is to get you and your child's caregivers confident with your child's care at home.
- It is best if the caregivers who will be at home with your child can take part in their PT sessions while you are in the hospital. This will give them hands-on practice before going home.
- PT sessions usually take place between 9 a.m. and 3 p.m. They are scheduled based on when your child gets certain medications and other factors. This helps maximize your child's comfort and success with therapy.