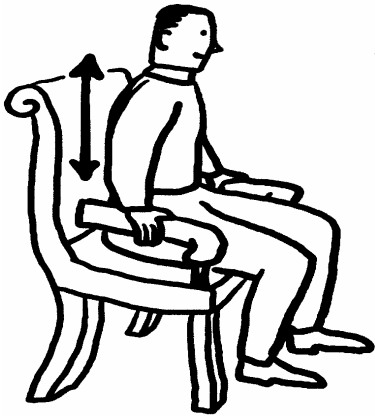


BACK PRECAUTIONS: SAFETY AFTER BACK SURGERY

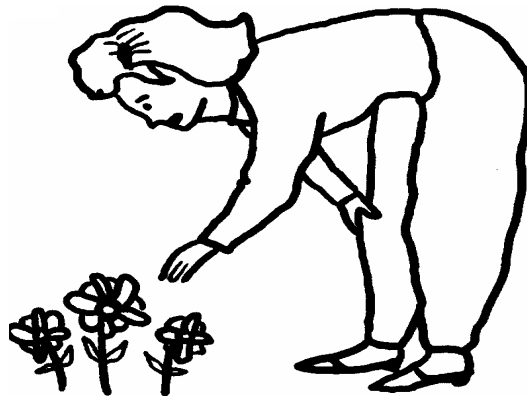
PATIENT/FAMILY INFORMATION SHEET



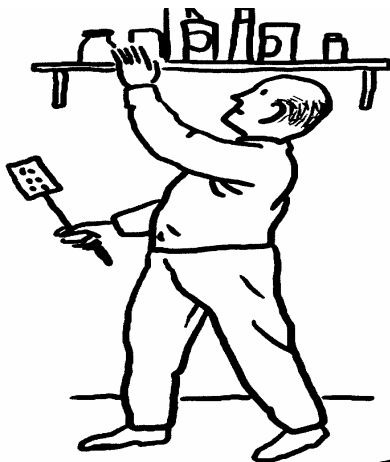
DO keep your back straight when getting-up.



DO walk. Walking will make you more comfortable and promote healing.



DON'T bend. Ask for help or use a reacher.



DON'T twist at your waist.



DON'T lift anything heavier than a gallon of milk.