

Post-op Activity Guidelines Following The iFuse Implant Procedure

Patient Name:

Date of Surgery:

Weight Bearing Status: No Weight: Touch Down: Partial:

Operative Side: Right: Left: Bilateral:

Post-operative Pain and Swelling:

It is normal to have some degree of pain and swelling following a sacroiliac joint fusion surgery. You can help minimize this by applying a cold pack to the operative site, avoiding sleeping with the head of your bed elevated while in the hospital and sitting for prolonged periods of time the first week following your surgery.

- ☐
- ☐ Use a cold pack for minutes times per day.
- ☐ Avoid sleeping with the head of the bed elevated.
- ☐ Limit duration of your sitting bouts to minutes each.

Activity:

You will be given a walker or crutches following surgery and instructed in their use by a physical therapist. For 3 weeks following your surgery you will be expected to put only a very small amount of weight on your operative leg(s). Once you can walk safely and independently with your walker or crutches, gradually increase your walking a little each day, initially within your home. It is better to take several short walks during the day rather than attempting a long walk.

- ☐ Walk times per day using
- Begin with household distances and gradually increase each day until you can tolerate short distance outdoors.
 - Perform the exercises indicated on the reverse side of this page as instructed by your physical therapist.
 - If an exercise is painful, discontinue it until you speak with your surgeon or physical therapist.

Exercise:

Performing gentle exercises the first days to weeks following your surgery can improve your circulation, decrease muscular discomfort and prepare you to return to more vigorous activity. Your surgeon or physical therapist will indicate which exercises are best for you. You may feel tired initially, so it may be helpful to spread them out during your day. If an exercise is painful, discontinue it until you speak with your doctor or physical therapist.

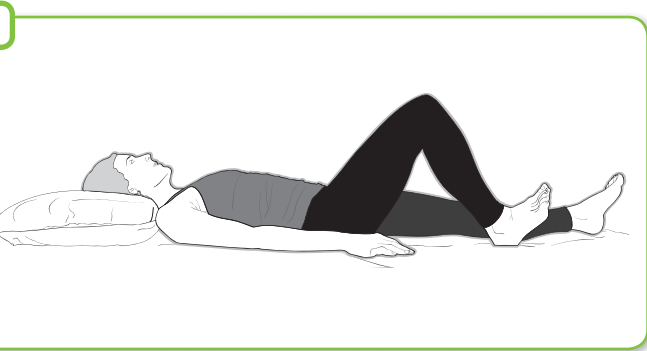
- ☐ Perform the exercises indicated here as instructed by your surgeon or physical therapist.

Bed and Seated Exercises

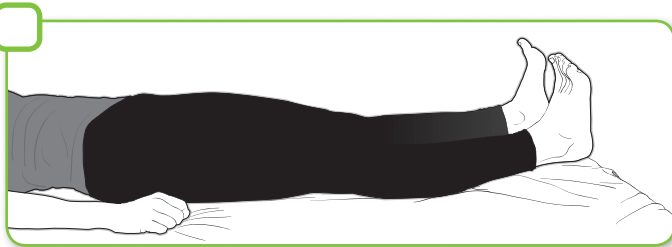
Perform the exercises as indicated by your surgeon or physical therapist times per day, standing with your weight on your non-operative side and holding a sturdy chair, table or handrail for balance.



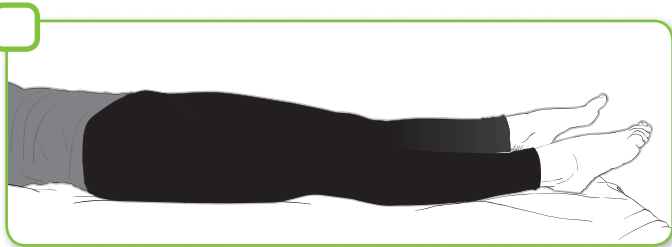
Ankle Pumps: Repeat times.
Bend ankles to move feet up and down.



Heel Slides: Repeat times.
Tighten your abdominal muscles slightly then bend your knee and pull heel toward buttocks.



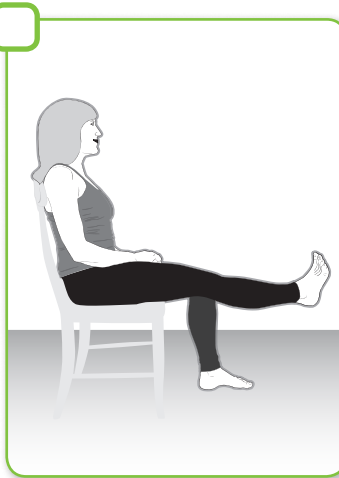
Quad Sets: Repeat times.
Tighten muscles on top of the thigh to straighten the legs and hold 5 seconds



Glut Sets: Repeat times.
Tighten your buttock muscles and hold 5 seconds.



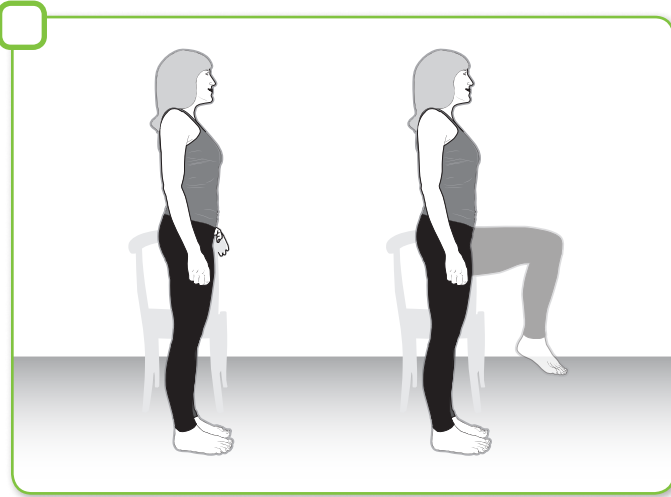
Hip Abduction
Repeat times.
Move your leg out to the side then return it back to the starting position.



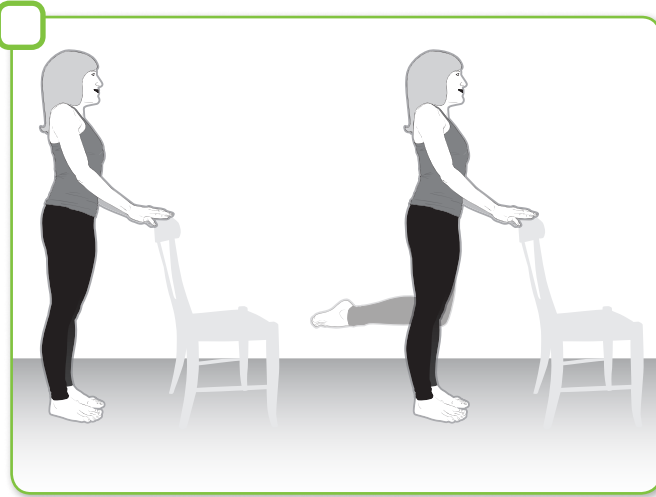
Seated Knee Extension
Repeat times.
Keeping trunk upright, extend your knee and hold 5 seconds. Alternate legs.

Standing Exercises

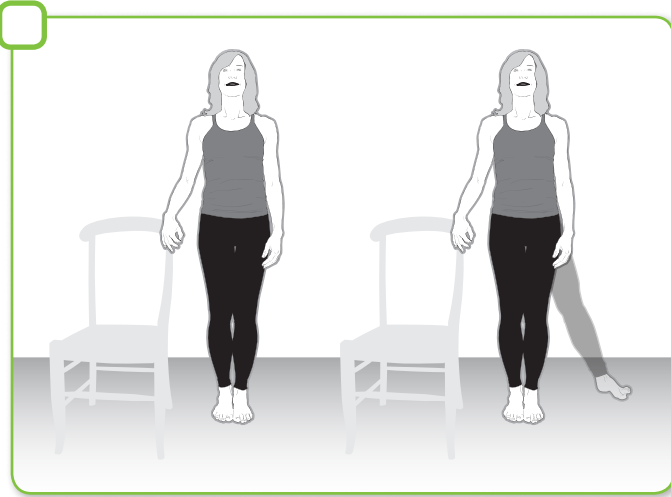
When indicated by your surgeon or physical therapist, perform these exercises times per day standing with your weight on your non-operative side and holding a sturdy chair, table or handrail for balance.



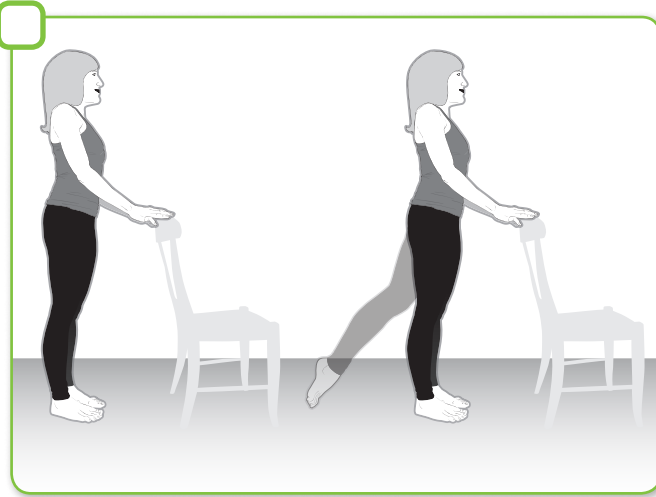
Hip Flexion: Repeat times.
Tighten your abdominal muscles slightly then slowly raise your leg upward, keeping the knee height below hip level.



Knee Flexion: Repeat times.
Tighten your abdominal muscles slightly then slowly bend your knee behind you, keeping your back straight.



Hip Abduction: Repeat times.
Tighten your abdominal muscles slightly then keeping your trunk straight, and hips level slowly raise your leg out to the side.



Hip Extension: Repeat times.
Tighten your abdominal muscles slightly then keeping your trunk straight, slowly extend your leg 6-8 inches behind you.

The iFuse System is intended for sacroiliac joint fusion for conditions including sacroiliac joint disruptions and degenerative sacroiliitis. As with all surgical procedures and permanent implants, there are risks

and considerations associated with surgery and use of the iFuse Implant. Please review the iFuse Instructions For Use for a complete discussion of contraindications, warnings, precautions, and risks.