



ROYAL CHILDREN'S HOSPITAL ORTHOPAEDIC UNIT

ACTIVITIES ALLOWED AFTER A SPINAL FUSION

ACTIVITY	2 - 4 week	4 - 6 week	6 weeks – 6 months	6 months	1 year	2 years
Walking	✓	✓	✓	✓	✓	✓
Shower	✓	✓	✓	✓	✓	✓
Bath	✗	✓	✓	✓	✓	✓
School	✗	½ days	✓	✓	✓	✓
Lifting	✗	✗	2.5kg	4.5kg	20kg	20kg
Driving	✗	✗	✓	✓	✓	✓
Swimming	✗	✗	✓	✓	✓	✓
Bike Riding	✗	✗	✗	✓	✓	✓
Light Jogging	✗	✗	✗	✓	✓	✓
Reclined Sitting	✗	✗	✗	✓	✓	✓
Roller Blades	✗	✗	✗	✓	✓	✓
Tennis	✗	✗	✗	✓	✓	✓
Aerobics	✗	✗	✗	✗	✓	✓
Football	✗	✗	✗	✗	✓	✓
Hockey	✗	✗	✗	✗	✓	✓
Netball	✗	✗	✗	✗	✓	✓
Cricket	✗	✗	✗	✗	✓	✓
Skiing	✗	✗	✗	✗	✓	✓
Trampoline	✗	✗	✗	✗	✗	✗

Please Note:

This chart is a guide only. Activities allowed depend on your condition. You must check with your doctor at clinic visits before commencing activities.