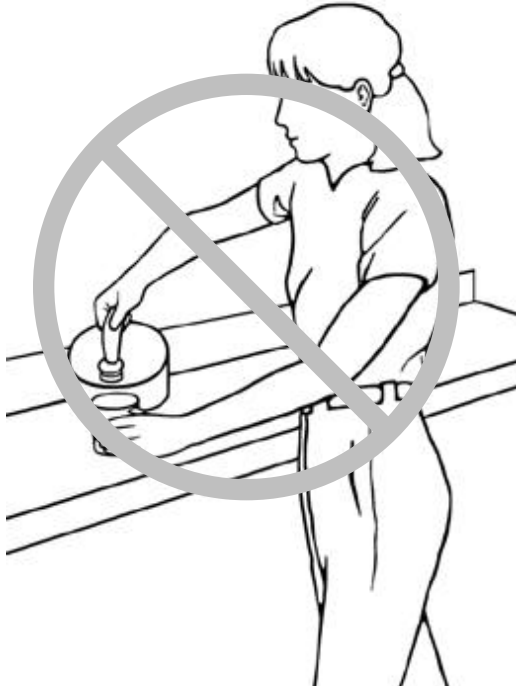
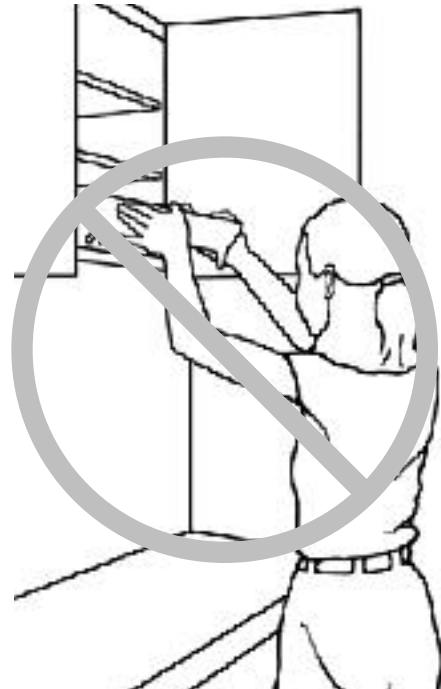


Precautions & Limitations After Spine Surgery



1. Do not twist.



2. Do not reach overhead and/or lift greater than 5 pounds



3. Do not bend. Do not lift greater than 5 pounds.



4. Do not sit in a soft chair.
Do not sit with poor posture.