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## This Is Spinal Tap

**spinal precautions - washington university orthopedics** - spinal precautions exercises: do each of these 2 times a day. 1. flexion • lift your arm above your head, keeping your elbow straight. go as far as possible. (you should feel a stretch but not pain.) use your other arm as needed for assistance. • relax, and return to the starting position. **post surgical spinal precautions lumbar surgery** - x15161 (5/2015) ©ahc spine post surgical spinal precautions - lumbar surgery 1. do not bend forward at the waist more than 90° or raise knees higher than hips. 2. do not lift more than 10 pounds. **ablative treatment for spinal pain - uhcprovider** - ablative treatment for spinal pain page 2 of 10 unitedhealthcare commercial medical policy effective 01/01/2019 proprietary information of unitedhealthcare. **the nervous system: tracts of the spinal cord** - tract delivering information from the spinal cord to the cerebellum (in this case) •if the tract name ends with "spinal" (as in vestibulospinal), the tract is a motor tract that delivers information from the vestibular apparatus (in this case) to the spinal cord **spinal precautions after cervical surgery - aurora health care** - spinal precautions after cervical surgery 1. wear your collar at all times or as recommended by your doctor. 2. do not lift or carry objects that weigh more than 5 to 8 pounds. 3. do not lift arms above shoulder height. 4. limit neck motion as instructed by doctor. 5. obtain doctor's approval before you begin driving. proper positioning after ... **back precautions after spine surgery - patient education** - back precautions after spine surgery no bending • do not lift anything heavier than 5 to 10 pounds. a gallon of milk weighs about 8 pounds. be sure to hold objects you lift close to your body. • do not bend forward or squat down to pick up items off of the floor. certain positions and movements should be avoided during your **spinal surgery precertification information request form** - spinal surgery precertification information request form . about this form . you can't use this form to initiate a precertification request. to initiate a request, you have to call our precertification department. or you can submit your request electronically. failure to complete this form and submit all of the medical records we are **coding for spinal procedures - american health information ...** - coding for spinal procedures ahima 2009 audio seminar series 8 notes/comments/questions pathological conditions 324.1 intraspinal abscess 336.8 other myelopathy 336.9 myelopathy nos, cord compression 720.0 ankylosing spondylitis 737.xx curvature of spine (acquired) 754.2 congenital musculoskeletal deformities of spine **nutrition and spinal cord injury** - nutrition and spinal cord injury good nutrition is one of many ways to decrease possible complications like neurogenic bowel, urinary tract infections, and pressure wounds in patients with spinal cord injury (sci). eating the right amount of calories and protein can help you protect your skin and maintain a healthy weight. eating 3 well- **spinal stenosis - patient education** - spinal stenosis spinal stenosis is a narrowing of the spaces where nerves leave the spine. this puts pressure on the nerves causing pain, numbness or tingling. it is a common condition as people age. it is caused by joint swelling, scarring, with discs that are less flexible with age or arthritis. if you have had arthritis in your spine, a **activities of daily living after spinal injury or surgery** - step 1: roll onto your side, with your knees bent. step 2: move your feet off the bed. push your body up to a sitting position. step 3: sit on the side of the bed before you stand up. spinal injury or surgery

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