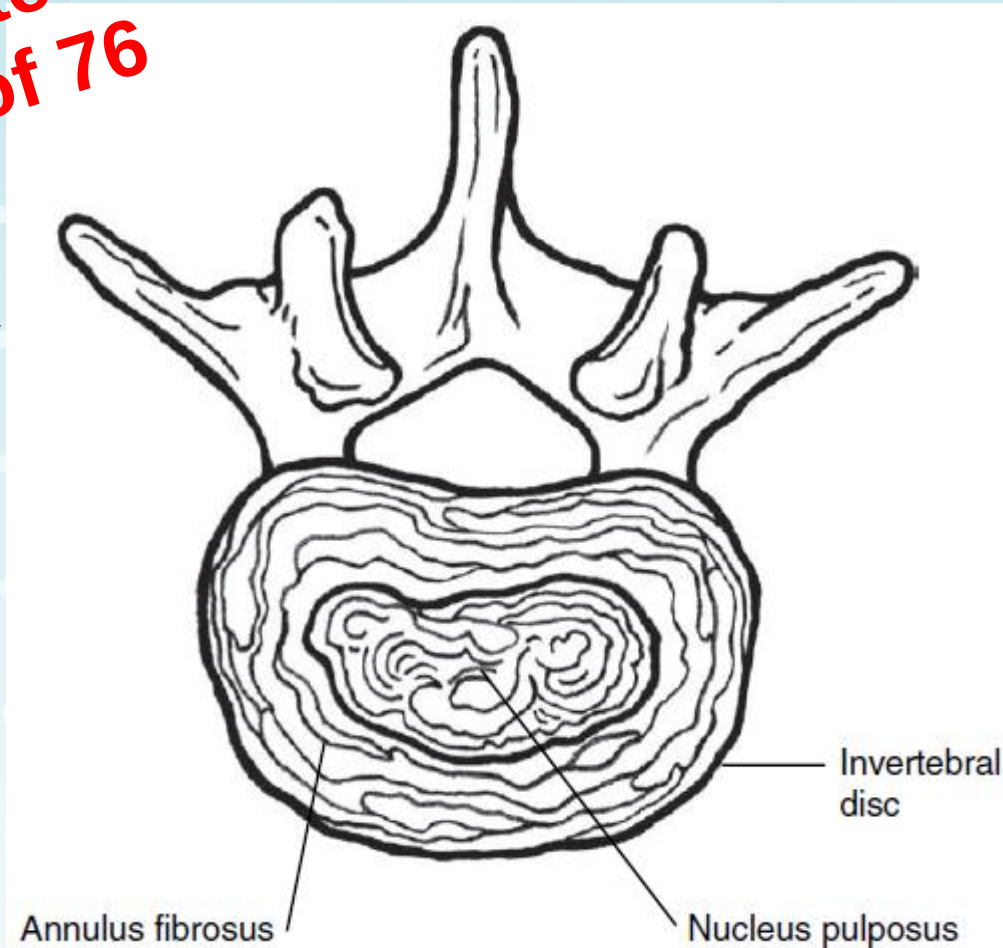


INTERVERTEBRAL DISK

- composition
 - fibrocartilage
 - nucleus pulposus (central mass of pulpy tissue)
- shock absorber
- provide flexibility for movement
- supine position – relieve of pressure



OCCUPATIONAL THERAPY

- Client Education

- key to success

- Neutral Spine

- positions into activities to help in lifting and movement:

- Squat
 - diagonal lift
 - golfer's lift



OCCUPATIONAL THERAPY

- Body Mechanics

- concepts.

- maintaining a straight back
 - bending from the hip
 - avoiding twisting
 - maintaining good posture
 - carrying objects close to the body
 - lifting with the legs to promote safe performance
 - using a wide base of support
 - reducing back stress while standing



OCCUPATIONAL THERAPY

- Energy Conservation

- planning ahead
- pacing oneself
- setting priorities
- eliminating unnecessary tasks
- balancing activity with rest
- learning one's activity tolerance



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ANALYSIS OF OCCUPATIONS



ANALYSIS OF OCCUPATIONS

- What movements could position this client for pain?
 - Bending, reaching, pulling, and pushing with the arms while the back is in a bent position could result in pain.
 - We know, however, based on normal anatomy that bending at the waist increases pressure at the anterior portion of the vertebral body and disk, along with increased stretch at the back of the disk. As the arms extend and reach forward, more weight is pulling forward on the already compressed anterior portion of the disk



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ACTIVITIES OF DAILY LIVING

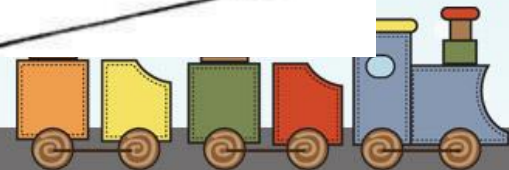
- Functional Mobility
 - logroll
 - sit up:
 - bends the knees
 - pushes up with the arms while coming to a sitting position
 - lie down:
 - brings the legs up
 - uses the arms to lower the body to the bedside



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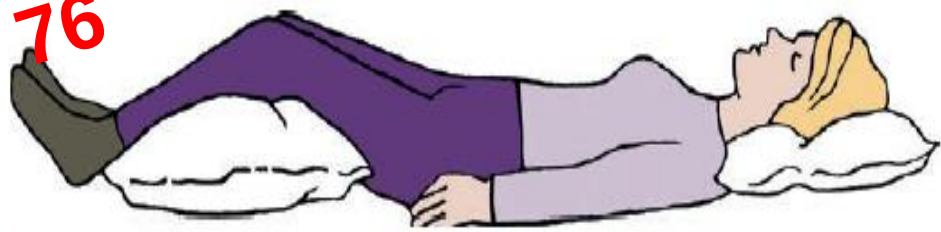
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A



B



C



Postoperative Occupational Therapy Evaluation and Intervention

- Outcome:

- maintain a straight back
- avoid twisting
- perform ADLs while safely incorporating back safety techniques
- using adaptive equipment

