

Prehabilitation

What does this mean?

Getting fit, before having an operation, especially a spinal operation, has many benefits. The body is generally better able to take the trauma of surgery and recover from it. Obviously, because of the problems requiring surgery, the patient will not be able to do unrestricted exercises, but carefully targeted ones can be introduced and developed.

What is the benefit?

Patients studied at the London Spine Clinic, who were scheduled for surgical treatment for back pain, were put through a six week program of prehabilitation by Mr Ankers. These patients left hospital sooner, required less post-operative medication and returned to normal activities quicker, than those who did not.

How is it done?

The necessary and most appropriate exercises are very different for each individual and for the wide variety of spinal problems. Prehabilitation exercise programs, therefore, need to be put together carefully, in discussion with the patient, to ensure the best result in the short space of time available.