

Your Post Fusion Master Resource

Something to chew on: *The fusion you had only fixed the damage that was done by the actual cause of the issues. The Fusion DID NOT fix the actual cause of the damage.*

Read that a few times and let it sink in.

The cause of your damage is still at large and it's your responsibility to track it down and never let it strike again.

1. Get cleared by a physician before getting into anything. Just because you “feel better” doesn't mean your surgery site is ready for the extra abuse. A lot of people jump the gun and go from 0 to 60 just because they feel better.

If you want to dive even deeper with your trusted professional I encourage you to [look at this](#). This will arm you with the right questions to protect you from becoming just another back pain statistic.

2. Too Fast Too Soon: Even if your doctor has cleared you to resume normal activity you have to still continue to slowly introduce some things back into your life. For example: Most activities people want to get back into their exercise routine asap and once they get cleared they hop right back in and work around the same level they did before. This is a recipe for disaster. I'll cover why below.

3. Get control of your own pain cycle: There is a reason you have multiple herniations, bulges or ruptured discs. I didn't rupture my disc from sleeping wrong or picking up the pencil that dropped on the floor. I ruptured it from overuse in the wrong positions with bad form. You have to correct the mechanical dysfunctions you have if you expect to not become a repeat customer. We all have our own pain cycle and as long as you are on this pain cycle you can keep having the operations but nothing will ever change. It will only ever treat the symptoms NOT the root cause.

[Here are 25 common mistakes back pain sufferers make on a daily bases.](#)

5. Sit, Stand and Hinge properly: The gym aside, most people destroy their backs by simply doing their day to day activities. Being too sedentary, sitting too much and allowing the glutes to turn off which then places all the force of lifting and bending on the lumbar spine, are just 2 reasons people deal with chronic back pain. Learn how to sit, stand and hip hinge properly and apply it to every aspect of your life and I promise you will notice a difference in the way you feel.

[This is the protocol I use to ensure I am standing to support a healthy spine.](#)

These three videos will teach you step-by-step how to hinge properly.

Watch 1st

[Basics to Hip Hinging](#)

Watch 2nd

[Active beginner Hip Hinging](#)

Watch 3rd

[Practical Hip Hinging With Cues](#)

6. Think about the stress on the area. The discs above and below are now taking that force. When you're looking to return back to normal life you can't move the same way you did before. That's the whole reason why you had the operation in the first place. After you have been cleared to return to normal life you know how to begin your own personal rebuild. Just because the movement doesn't necessarily cause pain think about load you are putting on the surrounding discs.

Things to think about while you're exercising?:

- Is your spine straight?
- Is your core braced properly?
- Are you hinging at the hips and firing the glutes?
- Are you rounding your lower back?
- Is your posture supporting a healthy stable spine while sitting and standing?

I'll teach you all of these things below.

7. If it hurts, it's not healthy for you: Not all exercises are good for everyone. Yes, exercise is good for everyone but not everyone can have the same serving size. Think of it as trying to lose weight. If you were a competitive body builder you would be eating twice as much calories to lose weight as the business executive trying to fit in exercise into his/her

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busy schedule. Both need to eat healthy to lose weight but they have their own tolerance to what they can do. Learn your tolerance.

Rule of thumb: If you have to ask the question “This exercise causes XYZ pain, should I be doing it?” The answer is always NO. Modify the exercise to be able to do it PAIN-FREE or don’t do it at all.

Your tolerance will not be found in a boot camp class, spin class, Zumba or any other fast paced group setting. Hire someone to make sure your fundamentals are dialed in. Master those and continue to rehab and train pain free.

8. Pain is not a way to recovery: No pain no gain is NOT the mindset you need to have when getting back into exercise after a spinal fusion. If there is pain while doing an exercise, your body is probably still recovering and what your doing is putting unneeded stress on the area.

Consider this:

(1) If you love to box and would do it 5x a week cut it back to once a week after your procedure and work yourself back into it. You may not be able to full on spar yet so stick to the heavy bag for now.

(2) If you are a trail runner and would run 4x a week 4 miles a day. Cut it back to one day running 1 mile and see how your body responds. If you feel good at least 2-3 days after take it up a day and see how you feel. Progress slowly.

(3) If you are a busy stay at home mom/dad and were used to juggling a million things that required bending, lifting etc. You have to allow yourself to

cut back. You will want to jump right back into your work but if you don't take the time to fix your mechanics while doing this stuff you will find yourself back on the operating table in a couple years if not sooner.

9. Start light with weights and work up.

If you love to squat and was squatting 400lbs before your fusion you won't even start with half of that when you get back into it. You may be strong enough but your body isn't ready. You need to start with the bar and hammer the proper mechanics until you know for a fact that you're doing them right.

If you loved yoga before your fusion, you won't be able to jump right back in. On-top of that I would really consider how much "Mobility" you think you need. The majority of back pain sufferers don't necessarily need more mobility in their back but more stability.

10. Master these first.

Mastering these exercises will build a foundation that you need to ensure your fusion is protected as well as keeping the discs above and below the site healthy.

[How to brace your core](#)

[How to activate your glutes](#)

[Bird Dog](#)

[Stir the Pot](#)

[Body Weight Squats](#)

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No matter where you were before the fusion, start over. It's not going to take you 15 years to get back to where you were but give it time. Learn to control your own pain cycle and the fusion you just had will be the last one you will ever need.

[The best place to start with not making the same mistakes in the gym is here](#)