Post – Op Activity Timeline / Recovery

No bending, twisting, or heavy lifting.
Keep your back straight.

Surgery

< 2 Weeks

- Walking
- Sitting
- Standing

2 – 6 Weeks

- Swimming (Breaststroke)
- Elliptical
- Recumbent bike
- Air travel possible
- Driving possible

> 6 Weeks

Guided Physical Therapy

- Core strengthening
- Flexibility
- Stretching

- Yoga
- Pilates

> 3 Months

- Golf
- Tennis
- Ski

Anterior Cervical Disc Arthroplasty: Normal day-to-day head and neck movements are encouraged as tolerated.
Neck restriction is not required.

This timeline is a general guide only. Every patient and every surgery is different. Always follow the specific instructions you received from Dr. Härtl and our team. If you are unsure whether an activity is safe for you, please call us at (212) 746-2152 before starting it or contact us online.