

Walking Soon After Spine Surgery

What are the benefits of walking after spine surgery?

Walking soon after spinal surgery is one of the most important things that you can do to speed your recovery process and prevent complications. The numerous benefits of early walking include:

- Improved blood flow
- Faster wound healing
- Improved lung function
- Enhanced muscle tone
- Shorter hospital stay

Early walking after spinal surgery also **helps prevent many surgical complications**, including:

- Infections
- Pneumonia
- Blood clots
- Urinary tract infections
- Urinary retention

What is Postoperative Urinary Retention (POUR)?

Urinary retention is the inability to completely empty the bladder. Postoperative Urinary Retention is a common complication of surgery and anesthesia.

What can I do to help prevent urinary retention after my surgery?

Walk as soon as you can! Walking soon after surgery can help decrease your chances of urinary retention.

When should I call my provider?

Please let your provider know if you have a history of urinary retention, or if you are experiencing any symptoms of urinary retention prior to your surgery.

Symptoms of urinary retention may include:

- Difficulty starting to urinate
- Difficulty fully emptying the bladder
- Weak dribble or stream of urine
- Loss of small amounts of urine during the day
- Inability to feel when bladder is full
- Increased abdominal pressure
- Lack of urge to urinate
- Strained efforts to push urine out of the bladder
- Frequent urination
- Nocturia (waking up more than two times at night to urinate)

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