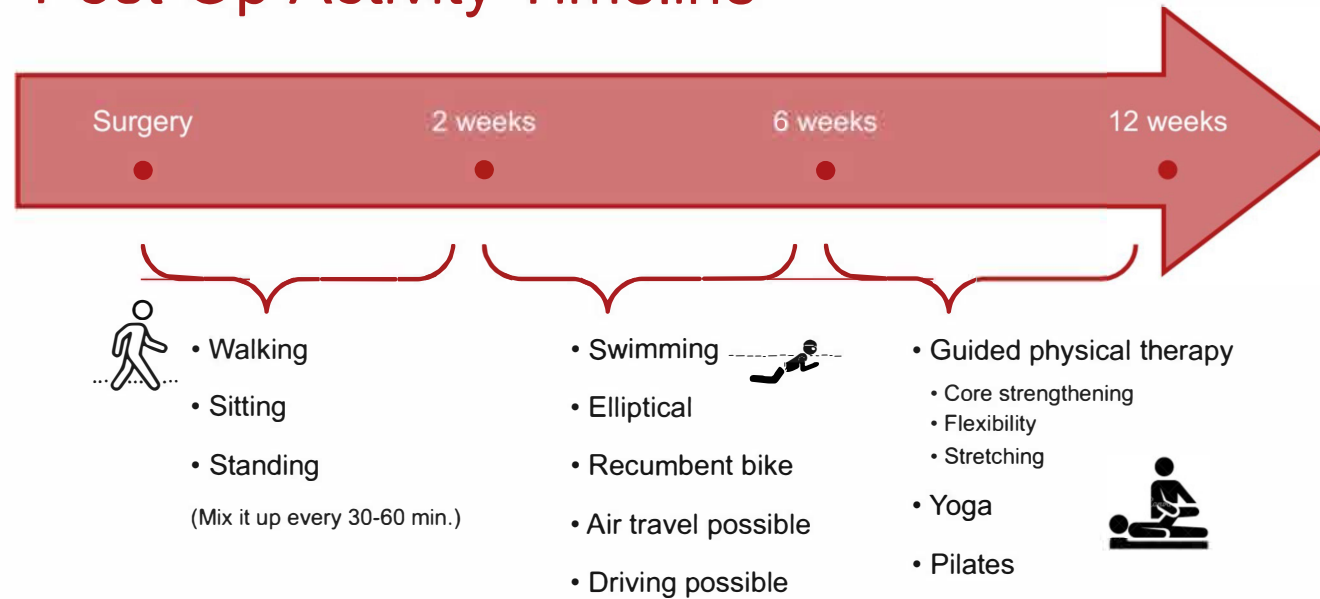


Post-Op Activity Timeline



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

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