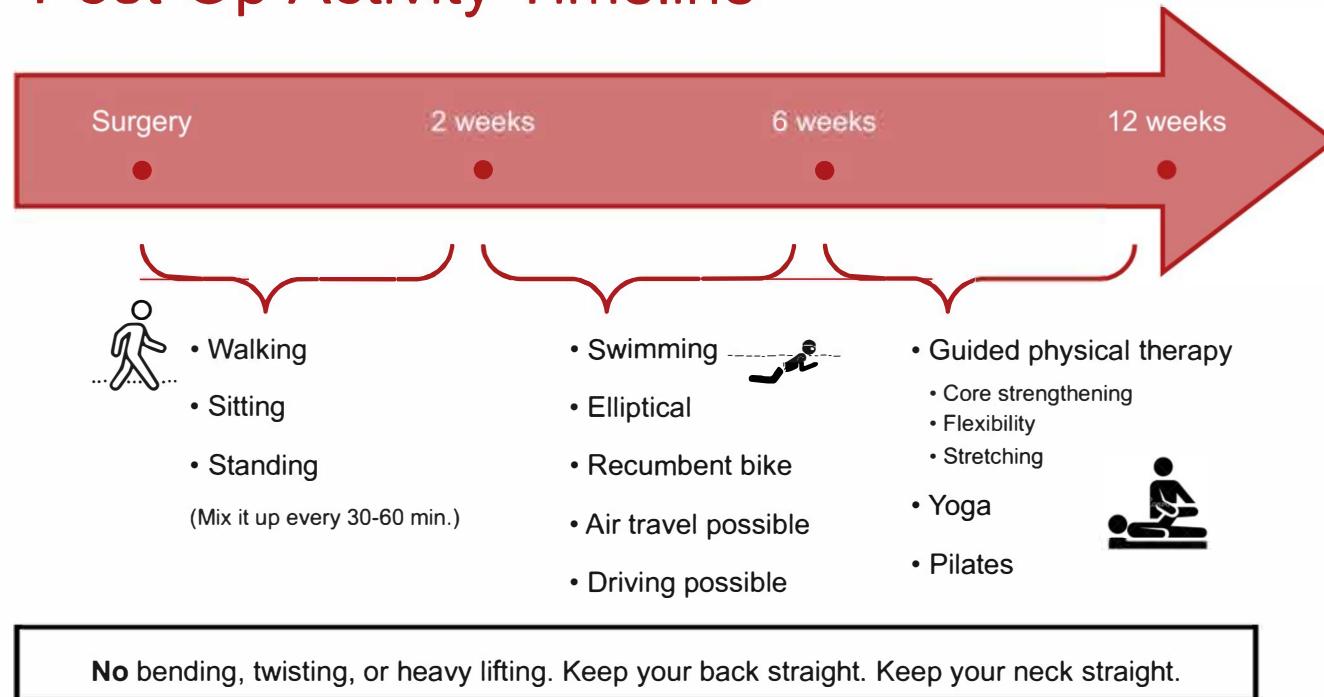


## Post-Op Activity Timeline



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