

## Supplemental material

### Contents

Table S1 Additional data from peri-operative rehabilitation section.....	1
Figure S1 Aims of post-operative rehabilitation following lumbar surgery .....	4
Table S2 Outcome measures used within prehabilitation .....	5
Table S3 Outcome measures used within post-operative rehabilitation .....	6
Table S4 Post-operative restrictions advised by physiotherapists.....	7
Rehabilitation survey .....	8

Table S1 Additional data from peri-operative rehabilitation section

Question	All responses	All responses %	Discectomy	Discectomy %	Laminectomy	Laminectomy %	Fusion	Fusion %
<b>Patients routinely receive peri-operative rehabilitation</b>			n=250		n=250		n=250	
Yes	350	47	105	42	121	48	124	50
No	67	9	26	10	22	9	19	8
It depends:	96	13	35	14	32	13	29	12
New neuro deficits	28	4	15	6	9	4	4	2
Mobility and/ or transfer issues	24	3	10	4	9	4	5	2
Surgeon's preference	5	1	2	1	1	0	2	1
if requested by inpatient team	1	0	1	0	0	0	0	0
Depending on staffing levels	1	0	0	0	0	0	1	0
Missing	240	32	85	34	76	30	79	32
<b>Advice provided within peri-operative rehabilitation</b>			n=67		n=62		n=62	
Activity progression/ movement	33	17	13	19	8	13	12	19
Pain management	47	25	19	28	14	23	14	23

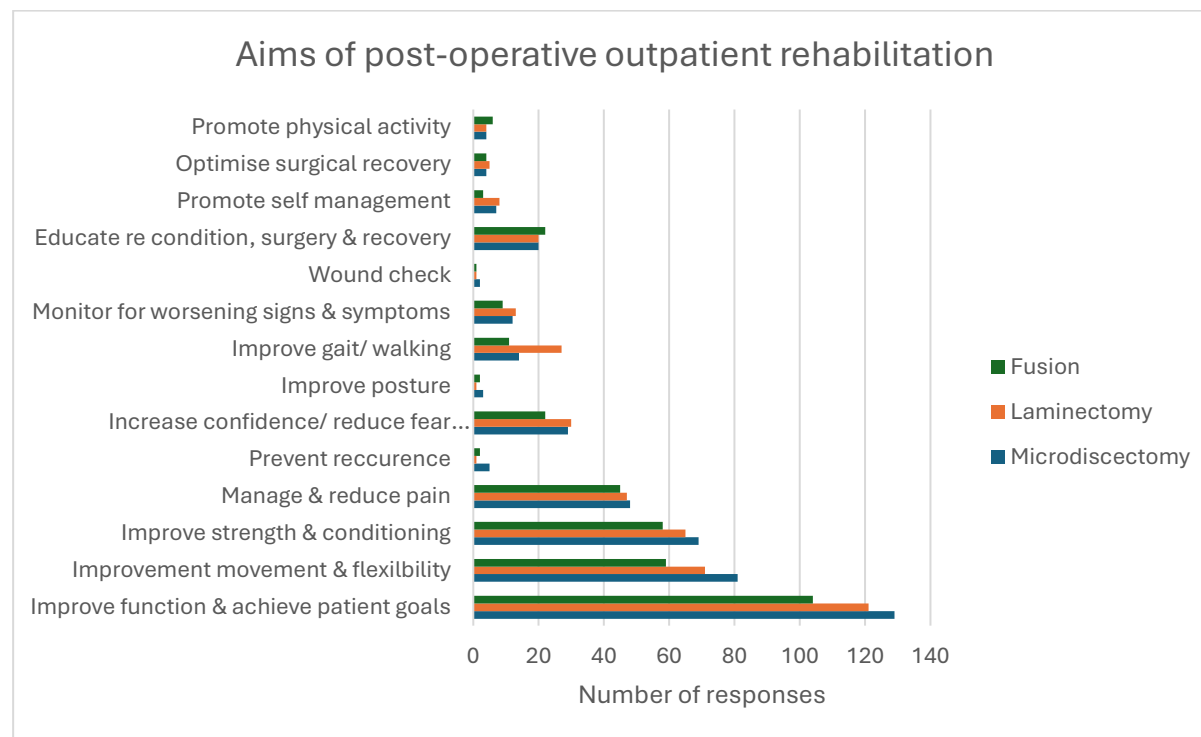
## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Restrictions	38	20	15	22	11	18	12	19
Wound care	12	6	5	7	2	3	5	8
Posture	12	6	5	7	4	6	3	5
Exercises	9	5	7	10	1	2	1	2
Orthotics	3	2	1	1	1	2	1	2
Walking advice	3	2	1	1	1	2	1	2
<b>Gait re-education included</b>	<b>0</b>							
Speed/ pattern/ cadence	38		16	27	10	17	12	21
Walking aid provision	41		15	25	13	22	13	23
Pacing	4		3	5	1	2	0	0
progression	9		3	5	3	5	3	5
orthotic	9		3	5	3	5	3	5
balance	5		2	3	1	2	2	4
<b>Other exercises provided within peri-operative rehabilitation</b>	<b>0</b>							
Lx ROM (incl: Knee rolls / pelvic tilting )	54		20	41	19	40	15	34
Core stability/ activation/ abdominal setting	30		16	33	4	8	10	23
Muscle strength (incl: sit – stand / bridging / calf raise / squats / Lx M/S)	26		10	20	9	19	7	16
Neural glides	20		7	14	8	17	5	11
General ROM	17		5	10	8	17	4	9
<b>Home exercises provided</b>	<b>0</b>							
Promote walking	10		5	11	3	7	2	5
Return to activities	3		3	7	0	0	0	0
Lx ROM	4		2	4	1	2	1	3
Core stability	3		1	2	1	2	1	3
Muscle strength	3		2	4	1	2	0	0
Neural glides	1		1	2	0	0	0	0
General ROM	1		0	0	0	0	1	3
<b>Typical number of times patient seen for peri-operative rehab</b>	<b>0</b>							

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Median	2		2		2		2	
Min	1		1		1		2	
Max	>12		>12		>12		>12	
Mode	1		1		1		2	
<b>Reasons for referral for post-op rehab</b>	<b>0</b>							
Below baseline function	6	8	2	8	3	13	1	4
New neurology	19	25	6	23	6	25	7	28
Falls risk	2	3	2	8	0	0	0	0
Poor mobility	22	29	5	19	6	25	11	44
Dependent on pts needs/goals	9	12	4	15	2	8	3	12
All trauma pt	6	8	2	8	2	8	2	8
Struggling with stairs due to pain	3	4	1	4	1	4	1	4
Fear avoidance behaviours	3	4	1	4	1	4	1	4
Struggling with exercises	7	9	3	12	2	8	2	8
Gait re-ed	3	4	1	4	1	4	1	4
pain	1	1	1	4	0	0	0	0
Equipment needs	1	1	0	0	0	0	1	4
<b>Who is responsible for referring patients for post-operative outpatient rehabilitation</b>	<b>0</b>							
Surgical team	28	20	9	19	10	21	9	15
Inpatient physiotherapist	130	92	45	94	43	91	42	69
Nurse	15	11	6	13	5	11	4	7
Patient	11	8	4	8	4	9	3	5
Missing	46	33	13	27	15	32	18	30
<b>Location of physiotherapy department for post-operative rehabilitation</b>	<b>0</b>							
Local to their home	93	66	30	63	28	60	35	57
Physio dept where surgery took place	33	23	13	27	14	30	6	10
other	15	11	5	10	5	11	5	8
Missing	89	63	29	60	30	64	30	49

Figure S1 Aims of post-operative rehabilitation following lumbar surgery



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Table S2 Outcome measures used within prehabilitation

Outcome measures typically used within prehabilitation	All	All %	Disectomy	Disectomy %	Laminectomy	Laminectomy %	Fusion	Fusion %
Nil	22	23	7	22	9	28	6	19
Self-rated pain measure	16	17	6	19	5	16	5	16
Self-rated back pain disability questionnaire	13	14	5	16	4	13	4	13
Mental health screening questionnaire	7	7	3	9	2	6	2	6
Quality of life questionnaire	2	2	1	3	0	0	1	3
Objective measures	4	4	1	3	2	6	1	3
Other	3	3	1	3	1	3	1	3
Missing	47	49	15	47	15	47	17	53

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Table S3 Outcome measures used within post-operative rehabilitation

Outcome measures used within post-operative rehabilitation	All	All %	Microdiscectomy	Microdiscectomy %	Laminectomy	Laminectomy %	Fusion	Fusion %
Nil	71	16	24	15	28	18	19	15
Pain	228	51	101	62	59	38	68	53
Brief pain inventory	3	1	1	1	1	1	1	1
NRS/VAS	141	32	64	39	38	25	39	30
pain interference	1	0	1	1	0	0	0	0
Back pain related disability & function	101	23	41	25	28	18	32	25
ODI	24	5	12	7	6	4	6	5
RMDQ	14	3	6	4	4	3	4	3
STaRT Back	16	4	7	4	4	3	5	4
PSFS	23	5	10	6	9	6	4	3
Goal attainment score	3	1	1	1	1	1	1	1
Psychosocial measures	20	4	13	8	2	1	5	4
PHQ-8	2	0	1	1	0	0	1	1
PHQ-9	5	1	2	1	2	1	1	1
GAD-7	4	1	1	1	2	1	1	1
Tampa scale of kinesiophobia	2	0	1	1	0	0	1	1
Pain self-efficacy questionnaire	5	1	2	1	1	1	2	2
Falls self efficacy international	1	0	0	0	1	1	0	0
Quality of life	86	19	36	22	21	14	29	23
EQ5D	26	6	12	7	5	3	9	7
MSQ HQ	59	13	25	15	15	10	19	15
Objective measures	61	14	30	18	14	9	17	13
AROM	18	4	8	5	4	3	6	5
Muscle strength	10	2	5	3	2	1	3	2

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Functional movements	3	1	2	1	0	0	1	1
Back dynameter	2	0	2	1	0	0	0	0
Sit to stand test	9	2	3	2	3	2	3	2
TUG	9	2	4	2	2	1	3	2
Balance	5	1	2	1	2	1	1	1
Other	1	0	1	1	0	0	0	0
Walking test	8	2	4	2	2	1	2	2
Core stability testing	4	1	2	1	1	1	1	1
Missing	72	16	25	15	28	18	19	15

Table S4 Post-operative restrictions advised by physiotherapists

Restrictions	Nil	Back movement	Lifting	Resuming driving	Resuming sex	Resuming usual activities	Return to contact sport	Return to jogging	Return to non-contact sport	Return to work	Sitting	Walking	Other
Laminectomy	13	53	78	56	26	48	38	34	40	56	54	58	13
Discectomy	14	69	98	80	45	74	56	56	54	88	84	81	11
Fusion	12	58	78	58	32	53	42	37	41	60	54	53	9
Total (n)	39	180	254	194	103	175	136	127	135	204	192	192	33

## Rehabilitation survey

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Start of Block: Default Question Block

### Q1 Rehabilitation practices for patients undergoing first-time lumbar surgery

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Q2 Thank you for your interest in taking part in this survey. We are seeking the views of physiotherapists and rehabilitation/therapy assistants working in the United Kingdom, who are involved in the management of patients receiving lumbar surgery. We are interested in the three most common lumbar spine surgeries: lumbar discectomy, decompression (typically laminectomy), and/or single level lumbar fusion. Your responses will help to improve our understanding of the current management of patients undergoing lumbar surgery with the hope to advance future research in this area and inform the development of research and clinical care. We are interested in your clinical opinion and so, there are no right or wrong answers. All information gathered will remain anonymous and your details will not be accessible. Below is a link to the participant information sheet containing more information such as the purpose of the study, what you have to do and how the responses will be handled. Please read this before starting the survey.

Below is a list of the common spinal surgeries that we will be focusing on in this survey:

**Lumbar spine discectomy** – Involves the removal of part of the prolapsed disc to help release pressure on spinal nerves that cause radicular pain.

**Lumbar spine decompression** – This is typically a laminectomy and involves full or partial removal of the lamina (part of the vertebra) at one or more levels with the goal of alleviating pressure on the spinal nerves.

**Single level spinal fusion** - Connecting two vertebrae in the spine utilising instrumentation, with the goal of improving stability between the vertebrae and reducing radicular pain.

The survey consists of three distinct sections regarding pre, peri and post-operative rehabilitation for these three lumbar spine surgical procedures. You will be asked to indicate whether you see patients undergoing these surgical techniques and at what period. Depending on your response, you will be asked to answer a series of questions related to rehabilitation during these periods.

***Please click here for [participant information sheet](#)***

The survey will take approximately 10 minutes to complete.

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

At the end of the survey you will have the opportunity to enter a prize draw for a £100 *love to shop* voucher. You will need to click on the link and this will redirect you to a new form. Your responses to the survey will remain anonymous.

*Thank you for your time.*

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Q175 Are you a physiotherapist, a physiotherapy assistant/technician (or equivalent) working within the UK?

- ☐ Yes. Please proceed with the survey (1)
- ☐ No. Thank you for your interest however you are not eligible to complete this survey. Please do not continue. (2)

*Skip To: End of Survey If Are you a physiotherapist, a physiotherapy assistant/technician (or equivalent) working within th... = No. Thank you for your interest however you are not eligible to complete this survey. Please do not continue.*



**Q3 Please indicate you have read and understood the information provided in the participant information sheet regarding this study by clicking on the statement below before proceeding:**

- ☐ I have read the participant information sheet and consent to taking part in this study (1)

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q4 The following section collects demographic information about you. This allows us to understand who is completing the survey and if the responses are reflective of the profession.

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Q5 What is your profession?

- ☐ Physiotherapist (4)
  - ☐ Physiotherapy Assistant (5)
  - ☐ Rehabilitation/Therapy Technician (6)
- 

Q6 What is your current NHS band (or equivalent)?

- ☐ 3 (1)
  - ☐ 4 (2)
  - ☐ 5 (3)
  - ☐ 6 (4)
  - ☐ 7 (5)
  - ☐ 8 (6)
  - ☐ Other (7)
- 

Q7 For how many years of experience do you have working with patients undergoing lumbar spinal surgery?

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Q8 What gender do you identify as?

- ☐ Female (1)
  - ☐ Male (2)
  - ☐ Transfemale (3)
  - ☐ Transmale (4)
  - ☐ Non-binary/non-conforming (5)
  - ☐ Prefer not to say (6)
  - ☐ Other (please specify) (7) \_\_\_\_\_
-

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q9 What is your ethnicity?

- ☐ Indian (1)
  - ☐ Pakistani (2)
  - ☐ Bangladeshi (3)
  - ☐ Chinese (4)
  - ☐ Any other Asian background (5)
  - ☐ Caribbean (6)
  - ☐ African (7)
  - ☐ Any other Black, African or Caribbean background (8)
  - ☐ White and Black Caribbean (9)
  - ☐ White and Black African (10)
  - ☐ White and Asian (11)
  - ☐ Any other Mixed or multiple ethnic background (12)
  - ☐ English, Welsh, Scottish, Northern Irish or British (13)
  - ☐ Irish (14)
  - ☐ Gypsy or Irish Traveller (15)
  - ☐ Any other White background (16)
-

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q10 What type of organisation do you work for? (if you work in more than one please select the one that relates to where you manage patients undergoing lumbar surgery)

☐

NHS (1)

☐

Private/independent (2)

☐

Social enterprise (4)

☐

Other (please specify) (5) \_\_\_\_\_

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Q11 What type of setting do you work in? (If more than one, select the setting you most frequently see patients undergoing spinal surgery in)

☐

Community care (1)

☐

Primary care (2)

☐

Interface service (5)

☐

Secondary Care (3)

☐

Tertiary care (specialised spinal unit) (4)

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q12 Please state your work location:

- ☐ East Midlands (1)
- ☐ East of England (2)
- ☐ North East (3)
- ☐ North West (4)
- ☐ Northern Ireland (5)
- ☐ Scotland (6)
- ☐ South East (7)
- ☐ South West (8)
- ☐ London (9)
- ☐ Wales (10)
- ☐ West Midlands (11)
- ☐ Yorkshire and Humber (12)

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Q13 What is the name of the organisation you work for? (This lets us see if more than one person from the same organisation responds). Please do not use abbreviations.

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## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q14 Does your organisation perform lumbar spinal surgery?

☐ Yes (1)

☐ No (2)

*Skip To: Q99 If Does your organisation perform lumbar spinal surgery? = No*

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Q15 Who performs spinal surgery within your clinical setting?

☐ Neurosurgeons (1)

☐ Orthopaedic spine surgeons (2)

☐ Both (3)

Q16 Have you received any training or education on the management of lumbar spinal surgical patients?

☐ Yes (1)

☐ No (2)

*Skip To: Q18 If Have you received any training or education on the management of lumbar spinal surgical patients? = No*

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q17 What type of training have you received?

☐

Undergraduate (1)

☐

In service training (3)

☐

Postgraduate (e.g. part of MSc, please provide name of module and/or course)

(2) \_\_\_\_\_

☐

External course (please provide the name of the course) (4)

\_\_\_\_\_

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Page Break

Q18 *The following questions relate to the management of patients who are seen preoperatively. Pre-operatively refers to a period before a surgical procedure/operation.*

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Q19 Do patients routinely receive **pre-operative** rehabilitation prior to lumbar spine discectomy in your organisation?

- ☐ Yes (1)
  - ☐ No (2)
  - ☐ Don't know (13)
  - ☐ Not applicable, discectomy not performed at my organisation (12)
- 

Q20 Do patients routinely receive **pre-operative** rehabilitation prior to **lumbar spine decompression** in your organisation?

- ☐ Yes (4)
  - ☐ No (5)
  - ☐ Don't know (12)
  - ☐ Not applicable, laminectomy not performed at my organisation (6)
-

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q21 Do patients routinely receive **pre-operative** rehabilitation prior to **single level lumbar spine fusion** in your organisation?

- ☐ Yes (4)
- ☐ No (5)
- ☐ Don't know (12)
- ☐ Not applicable, lumbar fusion not performed at my organisation (6)

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine discectomy in yo... = Yes

Q22 Are you involved in the **pre-operative** rehabilitation of patients receiving **lumbar spine discectomy**?

☐ Yes (1)

☐ No (2)

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine decompression in... = Yes

Q23 Are you involved in the **pre-operative** rehabilitation of patients receiving **lumbar spine decompression**?

☐ Yes (1)

☐ No (2)

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to single level lumbar spine fus... = Yes

Q24 Are you involved in the **pre-operative** rehabilitation of patients receiving **single level lumbar spine fusion**?

☐ Yes (1)

☐ No (2)

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine discectomy in yo... =  
Yes

Q25 Are any other members of the multidisciplinary (MDT) team involved in the **pre-operative rehabilitation** of patients receiving **lumbar spine discectomy** in your organisation?

☐

☒ No (7)

☐

☒ Don't know (8)

☐

Yes (6)

☐

Nurse (1)

☐

OT (2)

☐

Exercise Physiologist (3)

☐

Other member of the physiotherapy team (please specify) (4)

☐

Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine decompression in...  
= Yes

Q26 Are any other members of the multidisciplinary (MDT) team involved in the **pre-operative rehabilitation** of patients receiving **lumbar spine decompression** in your organisation?

- ☐ ☒ No (7)
- ☐ ☒ Don't know (8)
- ☐ Yes (6)
- ☐ Nurse (1)
- ☐ OT (2)
- ☐ Exercise Physiologist (3)
- ☐ Other member of the physiotherapy team (please specify) (4)  
\_\_\_\_\_
- ☐ Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to single level lumbar spine fus... =  
Yes

Q27 Are any other members of the multidisciplinary (MDT) team involved in the **pre-operative rehabilitation** of patients receiving **single level lumbar fusion** in your organisation?

- ☐ ☒ No (7)
- ☐ ☒ Don't know (8)
- ☐ Yes (6)
- ☐ Nurse (1)
- ☐ OT (2)
- ☐ Exercise Physiologist (3)
- ☐ Other member of the physiotherapy team (please specify) (4)  
\_\_\_\_\_
- ☐ Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Or Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine  
decompress... = Yes

Or Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

Q28 What are the aims of **pre-operative** rehabilitation?

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q29 In what format is **pre-operative** rehabilitation typically delivered for patients awaiting **lumbar spine discectomy**?

- ☐ In person (13)
- ☐ Virtually - via the telephone (1)
- ☐ Virtually - via video call (11)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q30 Is **pre-operative** rehabilitation typically delivered on an individual or group format for patients awaiting **lumbar spine discectomy**?

- ☐ One to one basis (1)
- ☐ Group format (11)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes  
And In what format is pre-operative rehabilitation typically delivered for patients awaiting lumbar s...  
= In person

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q31 Where is **pre-operative** rehabilitation typically delivered for patients awaiting **lumbar spine discectomy**?

- ☐ In surgical outpatient clinic (5)
- ☐ In pre-assessment clinic (6)
- ☐ In physiotherapy clinic (7)
- ☐ On a ward (8)
- ☐ Other (please specify) (9) \_\_\_\_\_

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*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?*  
= Yes

Q32 When is the **pre-operative** rehabilitation typically delivered for patients awaiting lumbar spine discectomy?

- ☐ When the patient is listed for the procedure (1)
- ☐ When they attend pre-assessment (2)
- ☐ When a specific appointment is arranged (please specify time frame of this) (3)  
\_\_\_\_\_
- ☐ Other (please specify) (4) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompression...  
= Yes

Q33 In what format is **pre-operative** rehabilitation typically delivered for **lumbar spinal decompression**?

- ☐ In person (1)
- ☐ Virtually - via a telephone call (10)
- ☐ Video call - via a video call (11)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompression...  
= Yes

Q34 Is pre-operative rehabilitation typically delivered on an individual or group format for patients awaiting **lumbar spinal decompression**?

- ☐ Individual, one to one basis (1)
- ☐ Group format (10)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompression...  
= Yes

And In what format is pre-operative rehabilitation typically delivered for lumbar spinal decompression? = In person

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q35 Where is pre-operative rehabilitation typically delivered for patients awaiting **lumbar spinal decompression**?

- ☐ In surgical outpatient clinic (1)
- ☐ In pre-assessment clinic (10)
- ☐ In physiotherapy clinic (12)
- ☐ On a ward (13)
- ☐ Other (please specify) (14) \_\_\_\_\_

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*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres...*  
= Yes

Q36 When is the **pre-operative** rehabilitation typically delivered for patients awaiting **lumbar spinal decompression**?

- ☐ When the patient is listed for the procedure (1)
- ☐ When they attend pre-assessment (2)
- ☐ When a specific appointment is arranged (please specify time frame of this) (3)  
\_\_\_\_\_
- ☐ Other (please specify) (4) \_\_\_\_\_

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Page Break \_\_\_\_\_

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

Q37 In what format is pre-operative rehabilitation typically delivered for **single level lumbar spinal fusion?**

- ☐ In person (1)
- ☐ Virtually - via a telephone call (10)
- ☐ Virtually - via a video Call (11)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

Q38 Is **pre-operative** rehabilitation typically delivered on an individual or group format for patients awaiting **single level lumbar spinal fusion?**

- ☐ Individual, one to one basis (1)
- ☐ Group format (10)

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

And In what format is pre-operative rehabilitation typically delivered for single level lumbar spinal... =  
In person

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q39 Where is pre-operative rehabilitation typically delivered for patients awaiting **single level lumbar spinal fusion**?

- ☐ In surgical outpatient clinic (1)
- ☐ In pre-assessment clinic (10)
- ☐ In physiotherapy clinic (12)
- ☐ On a ward (13)
- ☐ Other (please specify) (14) \_\_\_\_\_

---

*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... = Yes*

Q40 When is the **pre-operative** rehabilitation typically delivered for patients awaiting **single level lumbar spinal fusion**?

- ☐ When the patient is listed for the procedure (1)
- ☐ When they attend pre-assessment (2)
- ☐ When a specific appointment is arranged (please specify time frame of this) (3)  
\_\_\_\_\_
- ☐ Other (please specify) (4) \_\_\_\_\_

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Page Break

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q41 Please select what physiotherapy interventions are typically provided at **pre-operative** rehabilitation for **lumbar spine discectomy**?

- ☐ Physical examination (2)
- ☐ Information regarding the operation (3)
- ☐ Other advice & education (what does this include?) (4)

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- ☐ Information regarding post-operative physiotherapy (5)
- ☐ Teaching of respiratory exercises (6)
- ☐ Teaching of circulatory exercises (7)
- ☐ Training in transfers (8)
- ☐ Walking assessment (what does this include? Eg: use of walking aids, endurance, speed) (9) 

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- ☐ Opportunity to answer questions (10)
- ☐ Other (please specify) (11)

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Page Break

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres...  
= Yes

Q42 Please select what physiotherapy interventions are typically provided at **pre-operative** rehabilitation for **lumbar spinal decompression**?

- ☐ Physical examination (2)
- ☐ Information regarding the operation (3)
- ☐ Other advice & education (what does this include?) (4)
- 
- ☐ Information regarding post-operative physiotherapy (5)
- ☐ Teaching of respiratory exercises (6)
- ☐ Teaching of circulatory exercises (7)
- ☐ Training in transfers (8)
- ☐ Walking assessment (what does this include? Eg: use of walking aids, endurance, speed) (9) 

---
- ☐ Opportunity to answer questions (10)
- ☐ Other (please specify) (11) 

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Page Break 

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Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

Q43 Please select what physiotherapy interventions are typically provided at **pre-operative** rehabilitation for **single level lumbar spinal fusion**?

- ☐ Physical examination (2)
- ☐ Information regarding the operation (3)
- ☐ Other advice & education (what does this include?) (4)
- 
- ☐ Information regarding post-operative physiotherapy (5)
- ☐ Teaching of respiratory exercises (6)
- ☐ Teaching of circulatory exercises (7)
- ☐ Training in transfers (8)
- ☐ Walking assessment (what does this include? Eg: use of walking aids, endurance, speed) (9) 

---
- ☐ Opportunity to answer questions (10)
- ☐ Other (please specify) (11) 

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?*  
= Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q44 Do you typically advise patients about any restrictions and/or on returning to their activities post **lumbar spine discectomy**? Please select all that apply

☐

No (13)

☐

Lifting (please provide details e.g. details of weight restrictions and time frames)

(2)

☐

Back movement (please provide details) (1)

☐

Sitting (please provide details) (3)

☐

Walking (please provide details) (4)

☐

Return to work (please provide details) (5)

☐

Resuming usual activities (please provide details) (6)

☐

Resuming driving (please provide details) (7)

☐

Resuming sex (please provide details) (8)

☐

Return to jogging (please provide details) (9)

☐

Return to non-contact sport (please provide details) (10)

☐

Return to contact sport (please provide details) (11)

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

Display This Question:

If Do you typically advise patients about any restrictions and/or on returning to their activities p... !=  
No

And Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine  
discectomy? = Yes

Q45 What are the restrictions/precautions following **lumbar spine discectomy** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Lifting (please provide details e.g. details of weight restrictions and time frames)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Back movement (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Sitting (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Walking (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Return to work (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Resuming usual activities (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Resuming driving (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Resuming sex (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Return to jogging (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Return to non-contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Return to contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or on returning to their activities p... =  
Other (please specify below)

Q46 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients receiving **lumbar spine discectomy**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres...*  
= Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q47 Do you typically advise patients about any restrictions and/or returning to their activities post lumbar spinal decompression? Please select all that apply

☐

No (13)

☐

Lifting (please provide details e.g. details of weight restrictions and time frames)

(2)

☐

Back movement (please provide details) (1)

☐

Sitting (please provide details) (3)

☐

Walking (please provide details) (4)

☐

Return to work (please provide details) (5)

☐

Resuming usual activities (please provide details) (6)

☐

Resuming driving (please provide details) (7)

☐

Resuming sex (please provide details) (8)

☐

Return to jogging (please provide details) (9)

☐

Return to non-contact sport (please provide details) (10)

☐

Return to contact sport (please provide details) (11)

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

*Display This Question:*

*If Do you typically advise patients about any restrictions and/or returning to their activities post... != No*

*And Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres... = Yes*

Q48 What are the restrictions/precautions following **lumbar spinal decompression** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

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## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Lifting (please provide details e.g. details of weight restrictions and time frames)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Back movement (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Sitting (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Walking (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to work (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming usual activities (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming driving (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming sex (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to jogging (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to non-contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Other (please specify below)

Q49 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients receiving **lumbar spinal decompression**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =*  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q50 Do you typically advise patients about any restrictions and/or returning to their activities post single level lumbar spinal fusion? Please select all that apply

☐

No (13)

☐

Lifting (please provide details e.g. weight restrictions and timeframes) (2)

---

☐

Back movement (please provide details) (1)

---

☐

Sitting (please provide details) (3)

---

☐

Walking (please provide details) (4)

---

☐

Return to work (please provide details) (5)

---

☐

Resuming usual activities (please provide details) (6)

---

☐

Resuming driving (please provide details) (7)

---

☐

Resuming sex (please provide details) (8)

---

☐

Return to jogging (please provide details) (9)

---

☐

Return to non-contact sport (please provide details) (10)

---

☐

Return to contact sport (please provide details) (11)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

Display This Question:

If Do you typically advise patients about any restrictions and/or returning to their activities post... !=  
No

And Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp...  
= Yes

Q51 What are the restrictions/precautions following **lumbar spinal fusion** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Lifting (please provide details e.g. weight restrictions and timeframes)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Back movement (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Sitting (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Walking (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to work (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming usual activities (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming driving (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Resuming sex (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to jogging (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to non-contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Return to contact sport (please provide details)

Or Do you typically advise patients about any restrictions and/or returning to their activities post... =  
Other (please specify below)

Q52 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients receiving **single level lumbar spine fusion**?

☐ Yes (1)

☐ No (2)

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Page Break

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q53 On average, how many times do you see a patient pre-operatively who is due to undergo a **lumbar spine discectomy**?

- ☐ 1 (1)
- ☐ 2 (2)
- ☐ 3 (3)
- ☐ 4 (4)
- ☐ 5 (5)
- ☐ 6 (6)
- ☐ 7 (7)
- ☐ 8 (8)
- ☐ 9 (9)
- ☐ 10 (10)
- ☐ 11 (11)
- ☐ 12 (12)
- ☐ More than 12 times (13)

---

Page Break

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres...  
= Yes

Q54 On average, how many times do you see a patient pre-operatively who is due to undergo **lumbar spine decompression**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... =  
Yes

Q55 On average, how many times do you see a patient pre-operatively who is due to undergo **single level lumbar spinal fusion**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q56 Do you typically use any outcome measures pre-operatively (eg patient reported and / or objective measures) for patients due to undergo **lumbar spine discectomy**?

- ☐ ☒ No (2)
- ☐ Yes, please select which measures used (1)
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (7)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Index or Roland Morris Questionnaire), please state (8)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving lumbar spine decompres...  
= Yes

Q57 Do you typically use any outcome measures pre-operatively (eg patient reported and / or objective measures) for patients due to undergo **lumbar spinal decompression**?

- ☐ ☒ No (2)
- ☐ Yes, please state which measures used (1)
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (7)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Index or Roland Morris Questionnaire), please state (8)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the pre-operative rehabilitation of patients receiving single level lumbar sp... = Yes

Q58 Do you use any outcome measures pre-operatively (eg patient reported and / or objective measures) for patients due to undergo **single level lumbar spinal fusion**?

- ☐ ☒ No (2)
- ☐ Yes, please state (1) \_\_\_\_\_
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (7)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Index or Roland Morris Questionnaire), please state (8)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine discectomy in yo...  
!= Not applicable, discectomy not performed at my organisation

Or Do patients routinely receive pre-operative rehabilitation prior to lumbar spine decompression  
in... != Not applicable, laminectomy not performed at my organisation

Or Do patients routinely receive pre-operative rehabilitation prior to single level lumbar spine fus... !=  
Not applicable, lumbar fusion not performed at my organisation

**Q59 The following questions relate to the management of patients who are seen peri-operatively. Peri-operative relates to the period surrounding a surgical procedure, typically during a patients inpatient stay at hospital.**

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine discectomy in yo...  
!= Not applicable, discectomy not performed at my organisation

**Q60 In your organisation is peri-operative rehabilitation routinely provided for patients receiving lumbar spine discectomy?**

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations peri-operative rehabilitation will be provided) (9) \_\_\_\_\_

Display This Question:

If Do patients routinely receive pre-operative rehabilitation prior to lumbar spine decompression in...  
!= Not applicable, laminectomy not performed at my organisation

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q61 In your organisation is **peri-operative** rehabilitation routinely provided for patients receiving **lumbar decompression**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations peri-operative rehabilitation will be provided) (9) \_\_\_\_\_

---

*Display This Question:*

*If Do patients routinely receive pre-operative rehabilitation prior to single level lumbar spine fus... !=  
Not applicable, lumbar fusion not performed at my organisation*

Q62 In your organisation is **peri-operative rehabilitation** routinely provided for patients receiving **single-level lumbar fusion**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations peri-operative rehabilitation will be provided) (9) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

*If In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = Yes*

*Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = It depends (please explain in what situations peri-operative rehabilitation will be provided)*

Q63 Are you involved in the **peri-operative rehabilitation** of patients receiving **lumbar spine discectomy**?

☐ Yes (1)

☐ No (2)

---

Display This Question:

*If In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = Yes*

*Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = It depends (please explain in what situations peri-operative rehabilitation will be provided)*

Q64 Are you involved in the **peri-operative rehabilitation** of patients receiving **lumbar decompression**?

☐ Yes (1)

☐ No (2)

---

Display This Question:

*If In your organisation is peri-operative rehabilitation routinely provided for patients receiving s... = Yes*

*Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving s... = It depends (please explain in what situations peri-operative rehabilitation will be provided)*

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q65 Are *you* involved in the **peri-operative rehabilitation** of patients receiving **single-level lumbar fusion**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = Yes

Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = It depends (please explain in what situations peri-operative rehabilitation will be provided)

Q66 Are any other members of the multidisciplinary (MDT) team involved in the **peri-operative rehabilitation** of patients who have undergone **lumbar spine discectomy** in your organisation?

- ☐ ☒ No (17)
- ☐ ☒ Don't know (18)
- ☐ Yes (16)
- ☐ Nurse (1)
- ☐ OT (2)
- ☐ Exercise physiologist (3)
- ☐ Other member of the physiotherapy team (please specify) (4)
- 
- ☐ Other (please specify) (5) \_\_\_\_\_

Display This Question:

If In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = Yes

Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving l... = It depends (please explain in what situations peri-operative rehabilitation will be provided)

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q67 Are any other members of the multidisciplinary (MDT) team involved in the **peri-operative rehabilitation** of patients who have undergone **lumbar spine decompression** in your organisation?

- ☐ ☒ No (17)
- ☐ ☒ Don't know (18)
- ☐ Yes (16)
- ☐ Nurse (1)
- ☐ OT (3)
- ☐ Exercise physiologist (2)
- ☐ Other member of the physiotherapy team (please specify) (4)  
\_\_\_\_\_
- ☐ Other (please specify) (5) \_\_\_\_\_

Display This Question:

If In your organisation is peri-operative rehabilitation routinely provided for patients receiving s... = Yes

Or In your organisation is peri-operative rehabilitation routinely provided for patients receiving s... = It depends (please explain in what situations peri-operative rehabilitation will be provided)

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q68 Are any other members of the multidisciplinary (MDT) team involved in the **peri-operative rehabilitation** of patients who have undergone **single level lumbar spinal fusion** in your organisation?

☐

☒ No (17)

☐

☒ Don't know (18)

☐

Yes (16)

☐

Nurse (1)

☐

OT (2)

☐

Exercise physiologist (3)

☐

Other member of the physiotherapy team (please specify) (4)

☐

Other (please specify) (5) \_\_\_\_\_

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?*  
= Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q69 What physiotherapy interventions are used peri-operatively for patients who have undergone **lumbar spinal discectomy**? Please click all relevant options and give details of interventions where indicated

- ☐ Physical examination (2)
- ☐ Information regarding operation performed (3)
- ☐ Advice (please specify; pain management, wound management, restrictions etc) (4) \_\_\_\_\_
- ☐ Respiratory exercises (5)
- ☐ Circulatory exercises (6)
- ☐ Transfers (8)
- ☐ Gait re-education and mobility (please specify; gait re-education, endurance, speed, walking aid provision etc.) (9) \_\_\_\_\_
- ☐ Stairs (10)
- ☐ Activities of daily living (11)
- ☐ Exercises (please specify) (12) \_\_\_\_\_
- ☐ Opportunity to answer questions (13)
- ☐ Instruction in home exercises (please specify) (14) \_\_\_\_\_
- ☐ Other (please specify) (15) \_\_\_\_\_



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? = Yes

Q70 What physiotherapy interventions are used peri-operatively for patients who have undergone **lumbar spinal decompression**? Please click all relevant options and give details of interventions where indicated

- ☐ Information regarding operation performed (3)
- ☐ Advice (please specify; pain management, wound management, restrictions etc) (4) \_\_\_\_\_
- ☐ Respiratory exercises (5)
- ☐ Circulatory exercises (6)
- ☐ Transfers (8)
- ☐ Gait re-education and mobility (please specify; gait re-education, endurance, speed, walking aid provision etc.) (9) \_\_\_\_\_
- ☐ Stairs (10)
- ☐ Activities of daily living (11)
- ☐ Exercises (please specify) (12) \_\_\_\_\_
- ☐ Opportunity to answer questions (13)
- ☐ Instruction in home exercises (please specify) (14) \_\_\_\_\_
- ☐ Other (please specify) (15) \_\_\_\_\_



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... =  
Yes

Q71 What physiotherapy interventions are used peri-operatively for patients who have undergone **single level lumbar spinal fusion**? Please click all relevant options and give details of interventions where indicated

- ☐ Information regarding operation performed (3)
- ☐ Advice (please specify; pain management, wound management, restrictions etc) (4) \_\_\_\_\_
- ☐ Respiratory exercises (5)
- ☐ Circulatory exercises (6)
- ☐ Transfers (8)
- ☐ Gait re-education and mobility (please specify; gait re-education, endurance, speed, walking aid provision etc.) (9) \_\_\_\_\_
- ☐ Stairs (10)
- ☐ Activities of daily living (11)
- ☐ Exercises (please specify) (12) \_\_\_\_\_
- ☐ Opportunity to answer questions (13)
- ☐ Instruction in home exercises (please specify) (14) \_\_\_\_\_
- ☐ Other (please specify) (15) \_\_\_\_\_



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?*  
= Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q72 Do you advise patients about any restrictions and/or returning to their activities following **lumbar discectomy**? Please select all that apply

☐

No (13)

☐

Lifting (please provide details e.g. weight restrictions and time frames) (2)

---

☐

Back movement (please provide details) (1)

---

☐

Sitting (please provide details) (3)

---

☐

Walking (please provide details) (4)

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☐

Return to work (please provide details) (5)

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☐

Resuming usual activities (please provide details) (6)

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☐

Resuming driving (please provide details) (7)

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☐

Resuming sex (please provide details) (8)

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☐

Return to jogging (please provide details) (9)

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☐

Return to non-contact sport (please provide details) (10)

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☐

Return to contact sport (please provide details) (11)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

Display This Question:

If Do you advise patients about any restrictions and/or returning to their activities following lumb... !=  
No

And Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine  
discectomy? = Yes



Q73 What are the restrictions/precautions following **lumbar discectomy** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Lifting (please provide details e.g. weight restrictions and time frames)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Back movement (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Sitting (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Walking (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to work (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming usual activities (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming driving (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming sex (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to jogging (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to non-contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Other (please specify below)

Q74 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients following **lumbar spine discectomy**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? =*  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q75 Do you advise patients about any restrictions and/or returning to their activities following **lumbar spinal decompression**?

☐

No (13)

☐

Lifting (please provide details e.g. weight restrictions and time frames) (2)

---

☐

Back movement (please provide details) (1)

---

☐

Sitting (please provide details) (3)

---

☐

Walking (please provide details) (4)

---

☐

Return to work (please provide details) (5)

---

☐

Resuming usual activities (please provide details) (6)

---

☐

Resuming driving (please provide details) (7)

---

☐

Resuming sex (please provide details) (8)

---

☐

Return to jogging (please provide details) (9)

---

☐

Return to non-contact sport (please provide details) (10)

---

☐

Return to contact sport (please provide details) (11)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

*Display This Question:*

*If Do you advise patients about any restrictions and/or returning to their activities following lumb... != No*

*And Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? = Yes*

Q76 What are the restrictions/precautions following **lumbar spinal decompression** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Lifting (please provide details e.g. weight restrictions and time frames)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Back movement (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Sitting (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Walking (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to work (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming usual activities (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming driving (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Resuming sex (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to jogging (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to non-contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Return to contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities following lumb... =  
Other (please specify below)

Q77 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients following **lumbar spinal decompression**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... =*  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q78 Do you advise patients about any restrictions and/or returning to their activities post surgery who are receiving **single level lumbar spinal fusion**?

☐

No (13)

☐

Lifting (please provide details e.g. weight restrictions and time frames) (2)

---

☐

Back movement (please provide details) (1)

---

☐

Sitting (please provide details) (3)

---

☐

Walking (please provide details) (4)

---

☐

Return to work (please provide details) (5)

---

☐

Resuming usual activities (please provide details) (6)

---

☐

Resuming driving (please provide details) (7)

---

☐

Resuming sex (please provide details) (8)

---

☐

Return to jogging (please provide details) (9)

---

☐

Return to non-contact sport (please provide details) (10)

---

☐

Return to contact sport (please provide details) (11)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

☐

Other (please specify below) (12)

---

Display This Question:

If Do you advise patients about any restrictions and/or returning to their activities post surgery w... !=  
No

And Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... =  
Yes

Q79 What are the restrictions/precautions following **lumbar spinal fusion** based on?

☐

Based on research (please specify) (6)

---

☐

Dictated by the surgeon (1)

☐

Historical (3)

☐

Professional guidelines (please state which ones) (2)

---

☐

Protocol (4)

☐

Tissue healing (8)

☐

☒ Don't know (7)

☐

Other (please specify) (5) \_\_\_\_\_

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Lifting (please provide details e.g. weight restrictions and time frames)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Back movement (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Sitting (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Walking (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Return to work (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Resuming usual activities (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Resuming driving (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Resuming sex (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Return to jogging (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Return to non-contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Return to contact sport (please provide details)

Or Do you advise patients about any restrictions and/or returning to their activities post surgery w... =  
Other (please specify below)

Q80 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients following **single level spinal fusion**?

☐ Yes (1)

☐ No (2)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q81 On average, how many times do you see a patient peri-operatively following **lumbar spine discectomy**?

- ☐ 1 (1)
- ☐ 2 (2)
- ☐ 3 (3)
- ☐ 4 (14)
- ☐ 5 (15)
- ☐ 6 (16)
- ☐ 7 (17)
- ☐ 8 (18)
- ☐ 9 (19)
- ☐ 10 (20)
- ☐ 11 (21)
- ☐ 12 (22)
- ☐ More than 12 times (23)

-----  
Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? =  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q82 On average, how many times do you see a patient peri-operatively following **lumbar spine decompression**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

*Display This Question:*

*If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... =*  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q83 On average, how many times do you see a patient peri-operatively following **single level lumbar spinal fusion**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q84 Do you use any patient-reported or performance-based outcome measures peri-operatively for patients following **lumbar spine discectomy**?

- ☐ Yes, please state (1) \_\_\_\_\_
- ☐ No (2)

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression?  
= Yes

Q85 Do you use any patient-reported or performance-based outcome measures peri-operatively for patients following **lumbar spine decompression**?

- ☐ Yes, please state (1) \_\_\_\_\_
- ☐ No (2)

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f...  
= Yes

Q86 Do you use any patient-reported or performance-based outcome measures peri-operatively for patients following **single level lumbar spinal fusion**?

- ☐ Yes, please state (1) \_\_\_\_\_
- ☐ No (2)

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q87 Do you use any criteria when deciding to discharge a patient following **lumbar** discectomy from **peri-operative rehabilitation**?

☐ Yes (please state what these consist of and how they have been developed) (1)

☐ No (2)

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? =  
Yes

Q88 Do you use any criteria when deciding to discharge a patient following lumbar decompression from **peri-operative rehabilitation**?

☐ Yes (please state what these consist of and how they have been developed) (1)

☐ No (2)

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... =  
Yes

Q89 Do you use any criteria when deciding to discharge a patient following single level lumbar fusion from **peri-operative rehabilitation**?

☐ Yes (please state what these consist of and how they have been developed) (1)

☐ No (2)



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar spine discectomy?  
= Yes

Q90 Following discharge from the ward, is outpatient **post-operative** rehabilitation arranged for patients who have undergone **lumbar spine discectomy**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ If required (please state in what situations will outpatient physiotherapy be arranged?) (3) \_\_\_\_\_

Display This Question:

If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...  
= Yes

Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...  
= If required (please state in what situations will outpatient physiotherapy be arranged?)

Q91 Who is responsible for referring patients for **post-operative** outpatient rehabilitation following **lumbar spine discectomy**?

- ☐ Surgical team (e.g. Consultant, APP, Fellow, Registrar, Physician assistant) (1)
- ☐ Physiotherapist (2)
- ☐ Nurse (3)
- ☐ Patient (4)
- ☐ Other, please specify (5) \_\_\_\_\_

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

*If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...*  
= Yes

*Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...*  
= If required (please state in what situations will outpatient physiotherapy be arranged?)

Q92 Where are patients typically referred for outpatient **post-operative** rehabilitation following **lumbar spine discectomy**?

- ☐ Physiotherapy department at surgical hospital (1)
- ☐ Physiotherapy department local to patients' home (2)
- ☐ Other (please specify) (3) \_\_\_\_\_

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving lumbar decompression? = Yes

Q93 Following discharge from the ward, is outpatient **post-operative** rehabilitation arranged for patients who have undergone **lumbar decompression**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ If required (please state in what situations will outpatient physiotherapy be arranged?) (3) \_\_\_\_\_

Display This Question:

If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie... = Yes

Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie... = If required (please state in what situations will outpatient physiotherapy be arranged?)

Q94 Who is responsible for referring patients for **post-operative** outpatient rehabilitation following **lumbar spine decompression (laminectomy)**?

- ☐ Surgical team (e.g. Consultant, APP, Fellow, Registrar, Physician assistant) (1)
- ☐ Physiotherapist (2)
- ☐ Nurse (3)
- ☐ Patient (4)
- ☐ Other, please specify (5) \_\_\_\_\_

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

*If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...*  
= Yes

*Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...*  
= If required (please state in what situations will outpatient physiotherapy be arranged?)

Q95 Where are patients typically referred for outpatient **post-operative** rehabilitation following **lumbar spine decompression**?

- ☐ Physiotherapy department at surgical hospital (1)
- ☐ Physiotherapy department local to patients' home (3)
- ☐ Other, please specify (4) \_\_\_\_\_

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the peri-operative rehabilitation of patients receiving single-level lumbar f... = Yes

Q96 Following discharge from the ward, is outpatient **post-operative** rehabilitation arranged for patients who have undergone **single-level lumbar fusion**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ If required (please state in what situations will outpatient physiotherapy be arranged?) (3) \_\_\_\_\_

Display This Question:

If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie... = Yes

Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie... = If required (please state in what situations will outpatient physiotherapy be arranged?)

Q97 Who is responsible for referring patients for **post-operative** outpatient rehabilitation following **single level lumbar spinal fusion**?

- ☐ Surgical team (e.g. Consultant, APP, Fellow, Registrar, Physician assistant) (1)
- ☐ Physiotherapist (2)
- ☐ Nurse (3)
- ☐ Patient (4)
- ☐ Other, please specify (5) \_\_\_\_\_

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...  
= Yes

Or Following discharge from the ward, is outpatient post-operative rehabilitation arranged for patie...  
= If required (please state in what situations will outpatient physiotherapy be arranged?)

Q98 Where is outpatient **post-operative** rehabilitation typically provided for patients following **single level lumbar spinal fusion**?

- ☐ Surgical hospital (1)
- ☐ Hospital closest to patients' home (2)
- ☐ Community physiotherapy department close to patients' home (3)
- ☐ Other, please specify (4) \_\_\_\_\_

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Page Break

Q99 *The following questions relate to the management of patients who are seen **post-operatively**. Post-operative refers to a period following a surgical procedure/operation, this is typically when the patient is no longer an inpatient.*

---

Q100 In your organisation is **post-operative outpatient rehabilitation** provided for patients following **lumbar spine discectomy**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations post-operative rehabilitation will be provided) (9) \_\_\_\_\_
- 

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following ... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following ... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

Q101 Are you involved in the outpatient **post-operative** rehabilitation of patients following **lumbar discectomy**?

- ☐ Yes (1)
- ☐ No (2)
- 

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following ... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following ... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q102 Are any other members of the multidisciplinary (MDT) team involved in the **post-operative rehabilitation** of patients who have undergone **lumbar spine discectomy** in your organisation?

☐

☒ No (17)

☐

☒ Don't know (18)

☐

Yes (16)

☐

Nurse (1)

☐

OT (2)

☐

Exercise physiologist (3)

☐

Other member of the physiotherapy team (please specify) (4)

☐

Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q103 In your organisation is **post-operative outpatient rehabilitation** provided for patients following **lumbar spinal decompression**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations post-operative rehabilitation will be provided) (9) \_\_\_\_\_

---

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following ... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following ... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

Q104 Are you involved in the outpatient **post-operative** rehabilitation of patients following **lumbar decompression**?

- ☐ Yes (1)
- ☐ No (2)

---

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following ... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following ... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q105 Are any other members of the multidisciplinary (MDT) team involved in the **post-operative rehabilitation** of patients who have undergone **lumbar spinal decompression** in your organisation?

☐

No (17)

☐

Don't know (18)

☐

Yes (16)

☐

Nurse (1)

☐

OT (2)

☐

Exercise physiologist (3)

☐

Other member of the physiotherapy team (please specify) (4)

☐

Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q106 In your organisation is **post-operative outpatient rehabilitation** provided for patients following **single level lumbar fusion**?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Don't know (10)
- ☐ It depends (please explain in what situations post-operative rehabilitation will be provided) (9) \_\_\_\_\_

---

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

Q107 Are you involved in the outpatient **post-operative** rehabilitation of patients following **single-level lumbar fusion**?

- ☐ Yes (1)
- ☐ No (2)

---

*Display This Question:*

*If In your organisation is post-operative outpatient rehabilitation provided for patients following... = Yes*

*Or In your organisation is post-operative outpatient rehabilitation provided for patients following... = It depends (please explain in what situations post-operative rehabilitation will be provided)*

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q108 Are any other members of the multidisciplinary (MDT) team involved in the **post-operative rehabilitation** of patients who have undergone **single level lumbar fusion** in your organisation?

☐

☒ No (17)

☐

☒ Don't know (18)

☐

Yes (16)

☐

Nurse (1)

☐

OT (2)

☐

Exercise physiologist (3)

☐

Other member of the physiotherapy team (please specify) (4)

☐

Other (please specify) (5) \_\_\_\_\_

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... = Yes

Q109 What are the aims of **post-operative** rehabilitation for patients following **lumbar spine discectomy**?

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Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes

Q110 What are the aims of **post-operative** rehabilitation for patients following **lumbar spine decompression**?

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Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... = Yes

Q111 What are the aims of **post-operative** rehabilitation following for patients following **single level lumbar spinal fusion**?

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## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

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Page Break

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## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q112 When does outpatient **post-operative** rehabilitation typically commence for patients following **lumbar spine discectomy**?

- ☐ <2 weeks post op (1)
- ☐ 2-4 weeks (2)
- ☐ 4-6 weeks (3)
- ☐ 6-12 weeks (16)
- ☐ >12 weeks (17)
- ☐ Please explain (4) \_\_\_\_\_

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes

Q113 When does outpatient **post-operative** rehabilitation typically commence for patients following **lumbar spine decompression**?

- ☐ <2 weeks post op (1)
  - ☐ 2-4 weeks (2)
  - ☐ 4-6 weeks (3)
  - ☐ 6-12 weeks (16)
  - ☐ >12 weeks (17)
  - ☐ What factors dictate the timeframe? (4)
- 

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... =  
Yes

Q114 When does outpatient **post-operative** rehabilitation typically commence for patients following **single level lumbar spinal fusion**?

- ☐ <2 weeks post op (1)
  - ☐ 2-4 weeks (2)
  - ☐ 4-6 weeks (3)
  - ☐ 6-12 weeks (5)
  - ☐ >12 weeks (16)
  - ☐ What factors dictate the time frame? (4)
- 

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Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q115 In what format is outpatient **post-operative** rehabilitation delivered to patients following **lumbar spine discectomy**?

- ☐ In person (2)
- ☐ Virtually - via a telephone (1)
- ☐ Virtually - via a video call (3)

Display This Question:

If In what format is outpatient post-operative rehabilitation delivered to patients following lumbar... =  
In person

Q116 Is **post-operative** rehabilitation typically delivered on an individual or group format for patients following **lumbar discectomy**?

- ☐ Individual, one to one basis (1)
- ☐ Group format (10)

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes*

Q117 In what format is outpatient **post-operative** rehabilitation delivered to patients following **lumbar spine decompression**?

- ☐ In person (2)
- ☐ Virtually - via a telephone call (1)
- ☐ Virtually - via video call (3)

---

*Display This Question:*

*If In what format is outpatient post-operative rehabilitation delivered to patients following lumbar... = In person*

Q118 Is **post-operative** rehabilitation typically delivered on an individual or group format for patients following **lumbar spinal decompression**?

- ☐ Individual, one to one basis (1)
- ☐ Group format (10)

---

Page Break

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... = Yes

Q119 In what format is outpatient post-operative rehabilitation delivered to patients following **single level lumbar spinal fusion**?

- ☐ In person (2)
- ☐ Virtually - via a telephone call (1)
- ☐ Virtually - via a video call (3)

Display This Question:

If In what format is outpatient post-operative rehabilitation delivered to patients following single... = In person

Q120 Is **post-operative** rehabilitation typically delivered on an individual or group format for patients following **single level lumbar fusion**?

- ☐ Individual, one to one basis (1)
- ☐ Group format (10)

Page Break

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q121 What physiotherapy interventions are used **post-operatively** with patients following **lumbar spine discectomy**? Please click all relevant

☐ Advice and education (please provide details) (3)

---

☐ Back muscle endurance exercises (5)

☐ Abdominal muscle endurance exercises (6)

☐ Leg muscle endurance exercises (7)

☐ Cardiovascular exercises (8)

☐ Muscle stretches (9)

☐ Lumbosacral stabilisation exercises (11)

☐ Neurodynamic mobilisations (12)

☐ Psychologically informed interventions (13)

☐ Gait re-education (14)

☐ Walking progression and endurance (17)

☐ Opportunity to answer questions (15)

☐ Other (please specify ) (16)

---



Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes

Q122 What physiotherapy interventions are used post-operatively with patients following **lumbar spine decompression**? Please click all relevant options.

☐ Advice and education (please provide details) (3)

---

☐ Back muscle endurance exercises (5)

☐ Abdominal muscle endurance exercises (6)

☐ Leg muscle endurance exercises (7)

☐ Cardiovascular exercises (8)

☐ Muscle stretches (9)

☐ Lumbosacral stabilisation exercises (11)

☐ Neurodynamic mobilisations (12)

☐ Psychologically informed interventions (13)

☐ Gait re-education (17)

☐ Walking progression and endurance (14)

☐ Opportunity to answer questions (15)

☐ Other (please specify ) (16)

---



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... =  
Yes

Q123 What physiotherapy interventions are used post-operatively with patients following **single level lumbar spinal fusion**? Please click all relevant options.

- ☐ Advice and education (please provide details) (3)

---
- ☐ Back muscle endurance exercises (5)
- ☐ Abdominal muscle endurance exercises (6)
- ☐ Leg muscle endurance exercises (7)
- ☐ Cardiovascular exercises (8)
- ☐ Muscle stretches (9)
- ☐ Lumbosacral stabilisation exercises (11)
- ☐ Neurodynamic mobilisations (12)
- ☐ Cognitive behavioural approach to interventions (13)
- ☐ Gait re-education (17)
- ☐ Walking progression and endurance (14)
- ☐ Opportunity to answer questions (15)
- ☐ Other (please specify ) (16)

---



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... = Yes

Q124 On average, how many times do you see a patient **post-operatively** following **lumbar spine discectomy**?

- ☐ 1 (1)
- ☐ 2 (2)
- ☐ 3 (3)
- ☐ 4 (4)
- ☐ 5 (5)
- ☐ 6 (6)
- ☐ 7 (7)
- ☐ 8 (8)
- ☐ 9 (9)
- ☐ 10 (10)
- ☐ 11 (11)
- ☐ 12 (12)
- ☐ More than 12 times (13)

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q125 On average, how many times do you see a patient post-operatively following **lumbar spine decompression**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

*Display This Question:*

*If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... =*  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q126 On average, how many times do you see a patient post-operatively following **single level lumbar spinal fusion**?

- ☐ 1 (4)
- ☐ 2 (5)
- ☐ 3 (6)
- ☐ 4 (7)
- ☐ 5 (8)
- ☐ 6 (9)
- ☐ 7 (10)
- ☐ 8 (11)
- ☐ 9 (12)
- ☐ 10 (13)
- ☐ 11 (14)
- ☐ 12 (15)
- ☐ More than 12 times (16)

---

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q127 Do you typically use any outcome measures (patient reported or objective measures) with patients **post lumbar spine discectomy**?

- ☐ ☒ No (2)
- ☐ Yes, please select which measures used (1)
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (7)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Questionnaire or Roland Morris Questionnaire), please state (8)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

---

Page Break

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes

Q128 Do you typically use any outcome measures (patient reported or objective measures) with patients **post lumbar spinal decompression**?

- ☐ ☒ No (2)
- ☐ Yes, please select which measures used (1)
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (8)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Questionnaire or Roland Morris Questionnaire), please state (7)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

Page Break

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... = Yes

Q129 Do you typically use any outcome measures with patients (patient reported or objective measures) post **single level lumbar spinal fusion**?

- ☐ ☒ No (2)
- ☐ Yes, please select which measures used (1)
- ☐ Self-rated pain measure (e.g. numerical rating scale), please specify (7)  
\_\_\_\_\_
- ☐ Self-rated back pain disability questionnaire (e.g. Oswestry Disability Questionnaire or Roland Morris Questionnaire), please state (8)  
\_\_\_\_\_
- ☐ Mental health screening questionnaire (e.g. PHQ8), please state (9)  
\_\_\_\_\_
- ☐ Quality of life questionnaire (e.g. EQ5D, SF36), please state (10)  
\_\_\_\_\_
- ☐ Objective measures (e.g. walking test or Timed up and go), please state (11)  
\_\_\_\_\_
- ☐ Other, please specify (12) \_\_\_\_\_

Page Break

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q130 Do you use any criteria when deciding to discharge a patient following **lumbar** discectomy from outpatient physiotherapy?

☐ Yes (please state what these consist of and how they have been developed) (1)

\_\_\_\_\_

☐ No (2)

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar  
decomp = Yes

Q131 Do you use any criteria when deciding to discharge a patient following **lumbar decompression** from outpatient physiotherapy?

☐ Yes (please state what these consist of and how they have been developed) (1)

\_\_\_\_\_

☐ No (2)

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... =  
Yes

Q132 Do you use any criteria when deciding to discharge a patient following **single level lumbar spinal fusion** from outpatient physiotherapy?

☐ Yes (please state what these consist of and how they have been developed) (1)

\_\_\_\_\_

☐ No (2)



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following lumbar dis... =  
Yes

Q133 Does your service advise any limitations, contraindications or restrictions for patients following **lumbar spine discectomy**?

☐ Yes (1)

☐ No (2)

---

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... =  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q134 What contraindications, precautions or restrictions are discussed with patients following **lumbar spine discectomy**? Please select all that apply

☐ Lifting (please provide details e.g. weight restriction and time frames) (2)

---

☐ Back movement (please provide details) (1)

---

☐ Sitting (please provide details) (3)

---

☐ Walking (please provide details) (4)

---

☐ Return to work (please provide details) (5)

---

☐ Resuming usual activities (please provide details) (6)

---

☐ Resuming driving (please provide details) (7)

---

☐ Resuming sex (please provide details) (8)

---

☐ Return to jogging (please provide details) (9)

---

☐ Return to non-contact sport (please provide details) (10)

---

☐ Return to contact sport (please provide details) (11)

---

☐ Other (please specify below) (12)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q135 What are the restrictions/precautions following **lumbar spine discectomy** based on?

- ☐ Based on research (please specify) (6) \_\_\_\_\_
- ☐ Dictated by the surgeon (1)
- ☐ Historical (3)
- ☐ Professional guidelines (please state which ones) (2) \_\_\_\_\_
- ☐ Protocol (4)
- ☐ Tissue healing (8)
- ☐ ☒ Don't know (7)
- ☐ Other (please specify) (5) \_\_\_\_\_

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q136 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients receiving **lumbar spine discectomy**?

- ☐ Yes (1)
- ☐ No (2)



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

*Display This Question:*

*If Are you involved in the outpatient post-operative rehabilitation of patients receiving lumbar decomp = Yes*

Q137 Does your service advise any limitations, contraindications or restrictions for patients following **lumbar spine decompression**?

☐ Yes (1)

☐ No (2)

---

*Display This Question:*

*If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes*

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q138 What contraindications, precautions or restrictions are discussed with patients following **lumbar spine decompression**? Please select all that apply

☐ Lifting (please provide details e.g. weight restrictions and time frames) (2)

---

☐ Back movement (please provide details) (1)

---

☐ Sitting (please provide details) (3)

---

☐ Walking (please provide details) (4)

---

☐ Return to work (please provide details) (5)

---

☐ Resuming usual activities (please provide details) (6)

---

☐ Resuming driving (please provide details) (7)

---

☐ Resuming sex (please provide details) (8)

---

☐ Return to jogging (please provide details) (9)

---

☐ Return to non-contact sport (please provide details) (10)

---

☐ Return to contact sport (please provide details) (11)

---

☐ Other (please specify) (12)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q139 What are the restrictions/precautions following **lumbar spinal decompression** based on?

- ☐ Based on research (please specify) (6)  
\_\_\_\_\_
- ☐ Dictated by the surgeon (1)
- ☐ Historical (3)
- ☐ Professional guidelines (please state which ones) (2)  
\_\_\_\_\_
- ☐ Protocol (4)
- ☐ Tissue healing (8)
- ☒ Don't know (7)
- ☐ Other (please specify) (5) \_\_\_\_\_

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q140 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients following **lumbar spine decompression**?

- ☐ Yes (1)
- ☐ No (2)

Page Break

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## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Are you involved in the outpatient post-operative rehabilitation of patients following single-lev... =  
Yes

Q141 Does your service advise any limitations, contraindications or restrictions for patients following **single level lumbar spinal fusion**?

☐ Yes (1)

☐ No (2)

---

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... =  
Yes

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q142 What contraindications, precautions or restrictions are discussed with patients who receive **single level lumbar spinal fusion**? Please select all that apply

☐ Lifting (please provide details e.g. weight restrictions and time frames) (2)

---

☐ Back movement (please provide details) (1)

---

☐ Sitting (please provide details) (3)

---

☐ Walking (please provide details) (4)

---

☐ Return to work (please provide details) (5)

---

☐ Resuming usual activities (please provide details) (6)

---

☐ Resuming driving (please provide details) (7)

---

☐ Resuming sex (please provide details) (8)

---

☐ Return to jogging (please provide details) (9)

---

☐ Return to non-contact sport (please provide details) (10)

---

☐ Return to contact sport (please provide details) (11)

---

☐ Other (please specify below) (12)

---

## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q143 What are the restrictions/precautions following **lumbar spinal fusion** based on?

- ☐ Based on research (please specify) (6) \_\_\_\_\_
- ☐ Dictated by the surgeon (1)
- ☐ Historical (3)
- ☐ Professional guidelines (please state which ones) (2) \_\_\_\_\_
- ☐ Protocol (4)
- ☐ Tissue healing (8)
- ☒ Don't know (7)
- ☐ Other (please specify) (5) \_\_\_\_\_

Display This Question:

If Does your service advise any limitations, contraindications or restrictions for patients followin... = Yes

Q144 Are any written information sheets / booklets issued regarding **post-operative** restrictions for patients receiving **single level lumbar spinal fusion**?

- ☐ Yes (1)
- ☐ No (2)



## Survey of rehabilitation practice for patients undergoing lumbar surgery in the United Kingdom

Q145 Do you have any further comments regarding the rehabilitation of patients undergoing lumbar spinal surgery?

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End of Block: Default Question Block

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End of Survey

Thank you for completing the survey. Your responses have been saved and are important to us

If you would like to enter the prize draw for £100 voucher please **[click here](#)**