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SACRAL TARLOV CYST(S) PEDIATRIC RESTRICTIONS ages 5–15

1. No lifting more than 2 pounds for the first 4 weeks, for patients over 14 no lifting more than 5 pounds for one month after surgery.
2. May gradually increase to 5–8 pounds after 4 weeks.
3. 2 months after surgery gradually increase to 10–15 pounds
4. Minimize sitting periods to no more than 45 minutes at a time without a break and for some patients they may only tolerate shorter periods of time. Patient should not sit for longer than what is comfortable.
5. Minimize bending and twisting for first 4–8 weeks after surgery to preserve comfort level and ensure proper healing of the incision.
6. Walk as tolerated, limit running for 4 weeks after surgery
7. No gym class, no playground, no sports for 4–6 weeks and may need to extend this to 8–12 weeks depending on comfort level. No contact sports for 6 months.
8. May need rest periods in which he/she lays down throughout the school day
9. Patient may return to limited hours at school 2–4 weeks after surgery depending on how they are feeling and tolerating their symptoms.

Other considerations for returning to school activities

- Check with the school for options to join the class via Skype or other means from home as desired.
- Request another set of books at school so the patient does not have to carry books back and forth to school
- Make teachers aware there may be times when the patient will want to stand instead of sit in class.
- If the bus ride is too rough for the patient they may prefer to ride to and from school in a car for greater comfort.
- Having a cushion to sit on at school should be available if needed.