



DeLoReS is a disc replacement life recovery system and was developed to optimize the outcome of patients who undergo total disc replacement surgery as well as anterior spinal fusions. The DeLoReS program was developed at PhysioMaxx and the principal licensee is Philippa Gilbert. It is based on a bio psychosocial recovery program.

DeLoReS made a statistically significant impact on the functional outcomes and pain reduction of patients who undergo TDR Intensive exercise regimes are favoured over passive treatments. DeLoReS utilizes patient education and functional rehabilitation specifically designed for optimizing spinal and lower limb strength and flexibility. The clinical benefits of arthroplasty can be enhanced by implementation of the DeLoReS program.

The following is an extract from the program –

Constipation, Surgery And Medication

Yes it can be a problem, a painful one if left!

Constipation is a common problem for many people recovering from back surgery and other surgery. While it is often not mentioned to patients as part of the recovery process, constipation and its adverse side effects can be a significant challenge.

There are many aspects of having back surgery that can contribute to constipation, including anaesthesia, stress, dietary changes, use of pain medications and decreased activity. Symptoms of constipation may include some combination of the following:

- Abdominal pain and bloating.
- Nausea and/or vomiting.
- Hard stools or inability to have a bowel movement.

What causes constipation?

As food moves through the colon, the colon absorbs water from the food while it forms waste products, or stools. Muscle contractions in the colon then push the stool toward the rectum. By the time stool reaches the rectum it is solid, because most of the water has been absorbed. Constipation occurs when the colon absorbs too much water or if the colon's muscle contractions are slow or sluggish, causing stools can become hard and dry.

- **Medications**
Some pain medications can cause constipation. Unfortunately these are often the strong ones.
- **Lack of Physical Activity**
A lack of physical activity in an upright position can lead to constipation.
- **Not Enough Liquids**
Research shows that although increased fluid intake does not necessarily help relieve constipation, many people report some relief from their constipation if they drink fluids such as water and pear juice and avoid dehydration. People who have problems with constipation should try to drink liquids every day. However, liquids that contain caffeine such as coffee and cola drinks, will worsen one's symptoms by causing dehydration. Alcohol is another beverage that causes dehydration.

****IMPORTANT****

How you can help avoid this –

- **Make sure that your bowels are working regularly before surgery.**
 - **Preparation for hospital; research products that can assist your bowels and bring it with you. Most patients will find they will need extra assistance which is available from any pharmacy, plus a natural fibre that does not cause wind or bloating mixed with a gentle natural laxative.**
 - **Your first few days after surgery will be on liquids, drink frequently.**
 - **Once you are allowed to begin eating, take the fibre daily or whenever you take a dose of pain killers to offset their impact.**
- **Discuss with your nurse in hospital to help prevent problems.**

Hints to continue helping you at home

Correct Toilet Position

Squatting puts your bowel in the right position to empty more easily and completely.

1. Do not slump and strain to empty your bowel.
2. Adopt the following position to empty your bowel-
 - Place your feet on a stool.
 - Straighten your lower back and lift your chest.
 - Open knees wide, lean forward from your Hips, keeping your chest up.
 - Breathe deeply to the base of your ribs then total relax your abdomen forward.
 - Do not slump your back. (You need a relaxed open sphincter for efficient bowel emptying.)
 - Do not force the issue.
3. When washing your hands after toileting, tension your anal sphincter and slowly draw up through your back passage. Hold and breath for 10 sections, every time after your bowel empties.



Diet

FOOD GROUP	FOODS THAT SOFTEN STOOLS
Fruits and Vegetables	Fruits and vegetables, fruit juices with pulp, dried fruits such as prunes, raisins and apricots.
Bread and Cereal	Whole grain breads, cereals and psyllium husks.
Dairy Products	Fruit yogurt, buttermilk
Meat and Legumes	Nuts and seeds, dried beans or peas, lentils, peanut butter.
Fats	All



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