

Coach's Checklist

Ask a reliable family member or friend to be your coach. They will not be a caregiver, but an encourager and assistant in your recovery. The coach needs to be able to help you before and after your surgery.

Before Surgery

Attend the **spine class** with you.

My class is scheduled for: _____ at _____
(date) (time)

In the PACCAR Education Center at Overlake Hospital Medical Center.

While You are in the Hospital

Depending on the type of surgery, the patient may go home on the first, second, or third day after surgery.

First day after surgery
("Post-Op Day 1")

- Stay with you all day to learn about your care.
- Observe your OT/PT sessions.

Second day after surgery
("Post-Op Day 2")

- Arrange for your ride home.
 - Help you complete your exercises 2 times.
 - Review your discharge instructions with the nurse, so you both know exactly what to do.
 - Confirm your ride home.
 - Help you complete your exercises 3 times.
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At Home

- Come with you to your physical therapy appointments.
- Help you get your meals and buy groceries.
- Provide transportation to your appointments.
- Pick up medications or other items for you.
- Help with general housekeeping chores.
- Provide assistance and encouragement.
- Encourage you to do your exercises 3 times a day and help you as needed.

Depending on your case, you may need outpatient physical therapy appointments for several weeks and will need transportation to those appointments.
