

Early Mobilization Following Elective Spine Surgery: Trial of In-bed Cycling

NCT07506720

Status	RECRUITING
Phase	Not Applicable
Sponsor	Centre Integre Universitaire de Sante et Services Sociaux du Nord de l'ile de Montreal
Enrollment	88 participants

Key Eligibility Criteria

Inclusion (11)

- Male or female e 18 years old.
 - Postoperative #0 following elective spinal surgery: decompression with or without fusion, or fusion.
 - Patient able to walk independently before surgery (does not require assistance from another person and does not use a wheelchair).
 - Patient admitted directly from the operating room to the ward.
 - Hemodynamically stable:
- ... and 6 more (see full listing online)

Exclusion (14)

- Non-ambulatory preoperatively.
 - Body Mass Index (BMI) \gt 40 kg/m².
 - Acute neurological spinal trauma.
 - Non-neurological musculoskeletal impairment of the lower limbs (e.g., severe osteoarthritis, hip fracture, amputation) limiting the ability to pedal in bed.
 - Uncontrolled comorbidities preventing surgery or intervention (cardiovascular, respiratory, diabetes).
- ... and 9 more (see full listing online)

Locations (1 total)

Montreal Sacred Heart Hospital, Montreal, Quebec, Canada