Guidelines for Sports and Recreation Following Intrathecal Baclofen Pump Replacement

Once your surgical incisions are fully healed, you might be interested in resuming sports activities or in getting involved in new ones. Be careful to prevent problems with the pump or damage to the catheter.

In most instances, you can continue your favorite activities. You should not, however, participate in the following:

- Tackle football
- Rugby
- Scuba diving (unless you stay on the surface)
- Hot tubs or saunas hotter than 100 degrees F
- Activities that might result in a direct blow to the pump or require you to twist or rotate your body significantly.

You may participate in the following activities, as long as you are cautious and avoid body slams, falls, direct blows to the pump or catheter and severe twisting or rotating of your body. Remember to use protective sports equipment, as recommended by a coach, your health care provider or instructor.

- Amusement park rides
- Basketball
- Bicycling
- Dance
- Golf
- Gymnastics (no balance beam, rings, bars)
- Horseback riding (no rodeo)
- Ice hockey (no checking)
- Ice skating (no jumps)
- Jogging/ distance running
- Karate
- Snorkeling
- Soccer
- Swimming
• Tennis
• Volleyball
• Water-skiing
• Wheelchair sports
• Wind Surfing

Expect some soreness if you have a bad fall or are accidentally hit in the area of the catheter or pump. If you need to ice the area over the pump, remember that the cold might activate the low-battery alarm. The beeping should stop once the pump returns to normal body temperatures. Arrange to have the pump status checked if the pump continues to beep after you remove the cold source (allow an hour or so).

If you notice tingling, increased tone, spasms or confusion, call Telehealth Nursing at 651-229-3890.

More Ways to Contact Gillette