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**T**he detrimental impact of immobility is known in the literature. There is a wide variation of specific activity recommendations and when the activity should begin. Increasingly, studies show the need for diagnosis-specific recommendations for protocols. The posterior cranial fossa houses parts of the brain that controls respiration, cardiac cycle, consciousness and balance. In the early post-operative (PO) period following posterior fossa neurosurgery, patients often have episodes of nausea, vomiting, headaches and general discomfort. Due to a significant loss of cerebrospinal fluid (CSF) during this surgery, there is a higher chance of developing these symptoms. Symptoms worsen with the upright posture. Traction and edema around cranial nerve VIII can lead to vestibular symptoms and poor tolerance of positional changes and upright position. The act of vomiting may increase intracranial pressure which could jeopardize hemostasis, cerebral perfusion and increase likelihood