

Exercise program after a breast surgery

These exercises should be done slowly, smoothly and within your pain limit.

Hold 15-30 sec. Do the exercises 2 to 3 times a day.



Deep breathing

1. Sitting comfortably, place your hands on the belly.
2. Take a deep breath in, expanding the belly then exhale slowly, contracting the belly.

Repeat 5 to 10 times.

Shoulder shrugs

This exercise can be done sitting or standing.

3. Lift both shoulders.
4. Hold the position for 5 to 10 seconds.
5. Release.

Repeat 5 to 10 times.

Shoulder circles

1. Rotate both shoulders by forming a circle from front to back.
2. Repeat in the opposite direction.

Repeat 5 to 10 times in each direction.

Overhead lift

1. Lying on your back. Clasp your hands in front of you.
2. Raise your hands as high as possible above your head.
3. Hold the position for 5-10 seconds. Lower your arms.

Repeat 10 to 15 times.

***If you have a drain, do not lift your arm above shoulder height.**

Elbows push back

1. Lying on your back. Place your hands behind your head. Your elbows should be level with your ears.
2. Move your elbows forward.
3. Return to start position.

Repeat 10 to 15 times.

***If you have a drain, do not lift your arm above shoulder height.**

Shoulder blade squeeze

1. Your arms should be at your side.
2. Squeeze your shoulder blades together, letting your arms and hands turn outward.
3. Hold for 5 to 10 seconds. Then release.

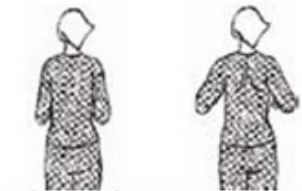
Repeat 5 to 10 times.

Snow angel

1. Lie on your back.
2. Slide your arms upward as far as possible.
3. Slide them back down.

Repeat 10 to 15 times.

***If you have a drain, do not lift your arm above shoulder height.**



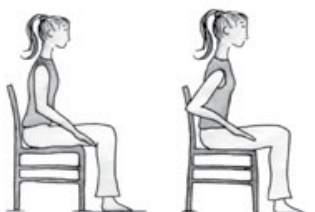


Internal/external rotation of shoulder

1. Lie on your back and place your elbows at shoulder level.
2. Rotate your arms upward.
3. Hold the position for a few seconds.
4. Rotate your arms back down.

Repeat 5 to 10 times.

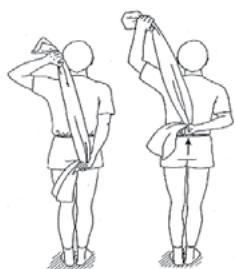
Arm extension



1. Place your hands on your thighs. Your elbows should be at waist level.
2. Move your elbows backward, as far as possible.
3. Hold the position for a few seconds.
4. Return to start position.

Repeat 10 to 15 times.

Wiping your back



1. This exercise is done in a standing position. Have a towel on hand.
2. Hold one end of the towel with your hand on your operated side, behind your buttocks.
3. With your other hand, pull the towel upward to raise your hand behind your back.
4. Maintain the position for 15 to 30 seconds.

Repeat 10 to 15 times.

**Once the drain has been removed, change the positioning of your hands; the lower hand pulls the towel to lower the upper hand.*

Flexion/extension elbow



1. Bend your arm to touch your shoulder.
2. Straighten your arm.

Repeat 10 to 15 times.

Swelling in the arm



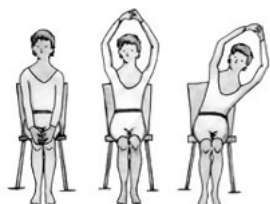
1. Squeeze a towel or soft ball with your hand.
2. Hold the position for 5 seconds. Release.

Repeat 10 to 15 times.

Keep your arm elevated with pillows several times a day.

Exercises 3 to 6 weeks after surgery

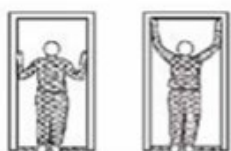
Side bending



1. Your hands clasped in front of you, lift your arms over your head.
2. Bend to the right.
3. Hold the position for 15 to 30 seconds.
4. Repeat on the left side.

Repeat 10 to 15 times.

Doorway stretch



1. Stand in a doorway and place your hands on either side of the doorframe.
2. Slide your hands up as high as possible.
3. Return to start position.

Repeat 5 times.

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