

Exercise program after a breast surgery

Do these exercises slowly, smoothly and within your pain limit.

Hold ___ seconds; repeat ___ times; do ___ sessions per day, as indicated by your physiotherapist.



Deep breathing

Sitting comfortably, place your hands on the belly.

Take a deep breath in, expanding the belly then exhale slowly contracting the belly.



Overhead lift

Lying on your back, clasp your hands together and lift your arms as far as you can above your head.



Elbows push back

Lie flat. Clasp hands behind your head and bring your elbows forward, stretch elbows slowly backwards and forwards.



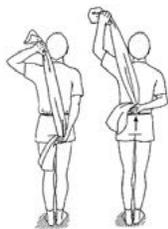
Do an angel

Lying on your back, sweep arms out to each side and up as far as possible.



Internal/external rotation

Lying on your back. Bring your elbows at shoulder level, twist forearm upwards until your palm is facing up, then twist back until your palm is facing down.

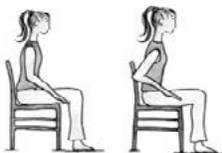


Wiping your back

Standing up with a towel behind you.

1- With your hand on the operated side, reach back for the towel behind your buttock. Pull the towel upward with the other hand. Feel a gentle stretch on the operated side. Hold for 15-30 seconds.

2- Reverse hands. The bottom hand pulls down gently the towel to lower the hand of the operated side. Feel stretch 15-30 seconds.



Arm extension

Sitting comfortably with your elbow against your waist. Bring your elbow back as far as you can.



Flexion/extension elbow

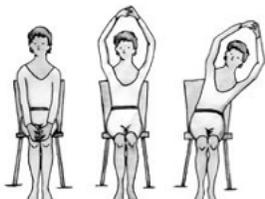
Sitting comfortably and bend your elbow as far as possible, then straighten your arm back out as far as possible.



Swelling in the arm

1-Squeeze a towel or a foam ball for 5 seconds and relax. Repeat several times every 2 hours.

2-Keep your arm elevated with pillows several times a day.



Exercises 3 to 6 weeks after surgery

Side bending

Sitting comfortably and clasp your hands together. Lift your arms up above your shoulders.

Bend your trunk to the right, hold for 15-30 sec. and then repeat on the left side.

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