

## **Post-operative Exercises For Breast Surgery**

- *These exercises should not be performed until your drain(s) are removed.*
- *The purpose of these exercises is to help reduce any swelling that may develop in your arm, and to obtain normal flexibility and strength in your shoulder.*

*All exercises should be done 10 times each, 2-3 times a day.*

- *Exercises need to be performed slowly and gently, and each stretch should be held for 6 seconds. Do not “bounce.”*

*Exercises will cause discomfort at first until adequate stretching has occurred. Do not be alarmed.*

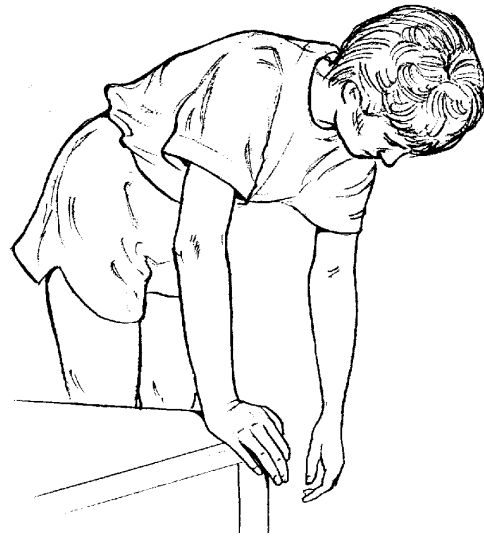
### **1. Pendulum Exercises**

Stand beside table or chair and bend at waist.

Place left/right hand on table (or chair) for support.

Relax knees and allow left/right arm to hang limply.

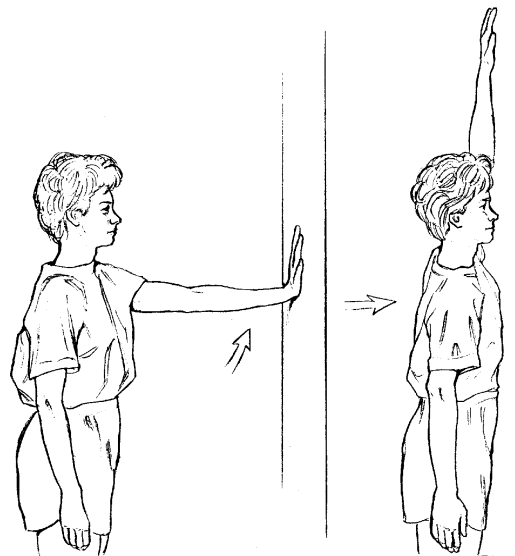
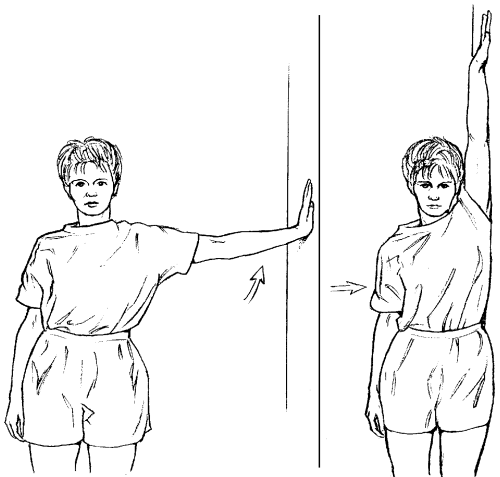
- a. Swing arm, circle inward.
- b. Swing arm, circle outward.
- c. Swing arm forward and backward.
- d. Swing arm across body and out to side.



## 2. Wall Climbing Exercises

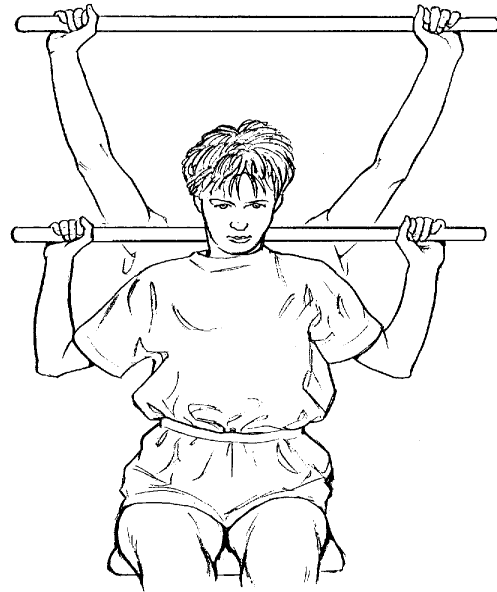
a. Stand sideward to wall.  
Place left/right hand on wall.  
Walk fingers up the wall until you  
feel stretching and discomfort.  
Hold for a few seconds, then go a  
little higher.  
Eventually touch armpit to wall.  
Be sure to face straight ahead.  
Do not turn toward wall.  
Keep body erect, and do not bend  
backward.

b. Stand facing wall.  
Place left/right hand on wall.  
Walk fingers up the wall until you  
feel stretching and discomfort.  
Hold for a few seconds, then go  
higher.  
Eventually touch armpit to wall.  
Keep body erect and do not bend  
backward.



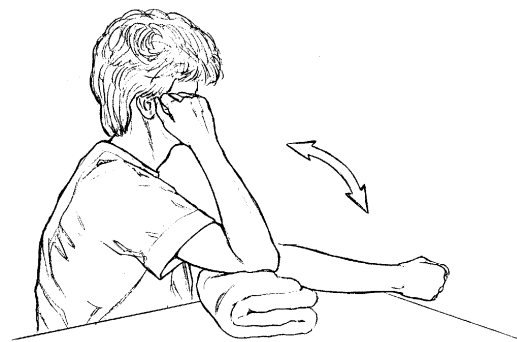
### 3. Standing Wand Exercise

Bring wand directly overhead, leading with uninjured side. Reach back until you feel a stretch.



### 5. Elbow Flexion & Extension: Active Range of Motion

Thumb-side up, gently bend elbow as far as possible and then straighten arm back out as far as possible.

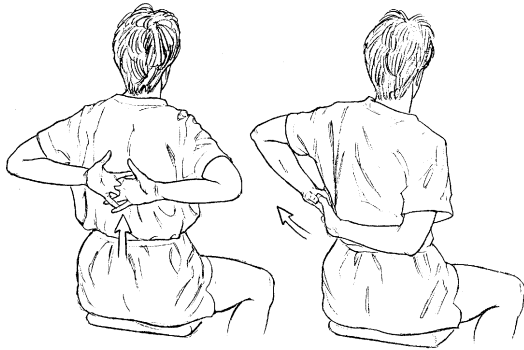


### 4. Broomstick Exercise

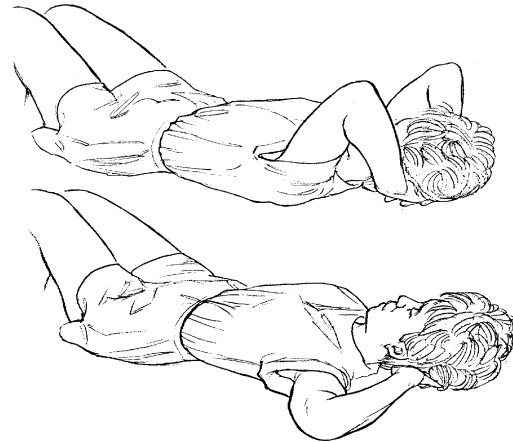
- a. Hold a stick in both hands. Keep elbows straight. Raise stick overhead.
- b. Lower stick behind head, keeping chin tucked in. Straighten above head and relax.

## 6. Sitting Rotation

Clasp hands behind back, keeping wrists flat to body. Pull arms across back. (If necessary, a towel may be used to pull arm behind back.)

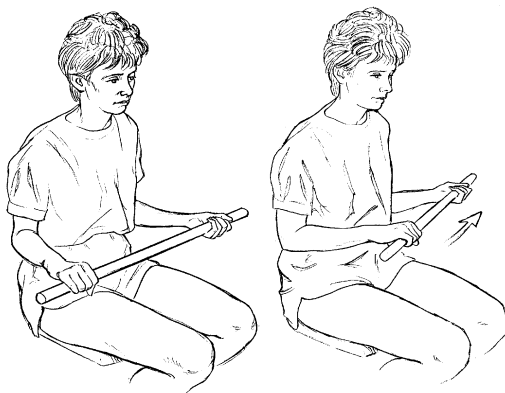


8. With fingers clasped behind head, pull elbows back while pinching shoulder blades together.



## 7. External Rotation

Hold stick in both hands with elbow bent to 90° and tucked in by side. Push forearm out to side. Do not allow elbows to leave your sides.



*It may take 2 to 3 weeks before you obtain normal flexibility in your arm. If you are concerned about how well you are progressing, you should contact your doctor. He or she may feel you need to be seen by Physical Therapy. Please also feel free to contact the Physical Therapy Department if you have any questions.*

*Good Luck!*