



# Breast Surgery Exercise Booklet

## Guidelines for Arm Movement

- After surgery, you will be shown exercises to help you regain full shoulder movement. They will help to decrease the stiffness and tightness you may feel around your chest and shoulder area.
- You should use your elbow and hand as much as possible for activities like brushing your hair, dressing and so on.
- Call your doctor if there is any undue pain, redness or swelling in the affected arm or around the incision.

## General Instructions for Exercise

***Practice the exercises the day before your surgery.***

- All exercises should be done only to the point of a comfortable stretch. They should **not** be done to the point where they cause pain. You may take pain medication 1/2 hour before doing your exercises.
- Start with five repetitions of each exercise and gradually work up to 10 within a week. The exercise program should be repeated three to four times a day.
- The exercises should be done for a minimum of four weeks. After this time if you are still having trouble with moving your shoulder, please tell your doctor.

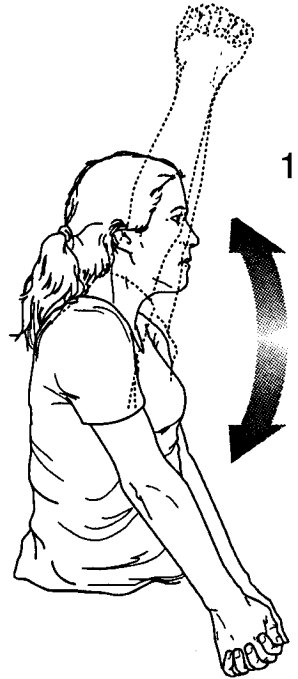
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## Exercise Program

*Sit on a firm chair or stand tall with feet shoulder width apart. For each exercise stop when you feel a stretch. Hold for a count of five. Relax and repeat.*

### 1. Front Raise

Clasp your hands keeping your elbows straight. Raise your arms up over your head, hold then lower arms.



### 2. Push and Pull

Push the palm of your hands together in front of your chest with elbows out. Hold, then hook your fingers together and try to pull your arms apart. Hold. Repeat both movements.



### 3. Low Back Scratch

With the affected arm, place the back of your hand on the small of your back. Gradually work your hand up your back toward the opposite shoulder blade.



### 4. High Back Scratch

With the affected arm, place the palm of your hand on the back of your neck. Gradually try to work your hand down towards your opposite shoulder blade.

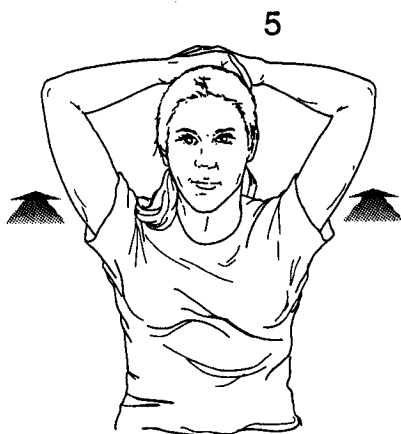


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## 5. Elbow Pull Back

Put your hands on top of your head. (If you are unable to put them on top of your head, put them behind your neck.)

Slowly move your elbows back. Hold, then let elbows move forward and relax.



## 6. Wall Walking

Stand beside a wall.

Slowly "walk" your fingers up the wall as high as you can. Hold. Slowly slide your hand down the wall. Try to reach higher on the wall each time.

