

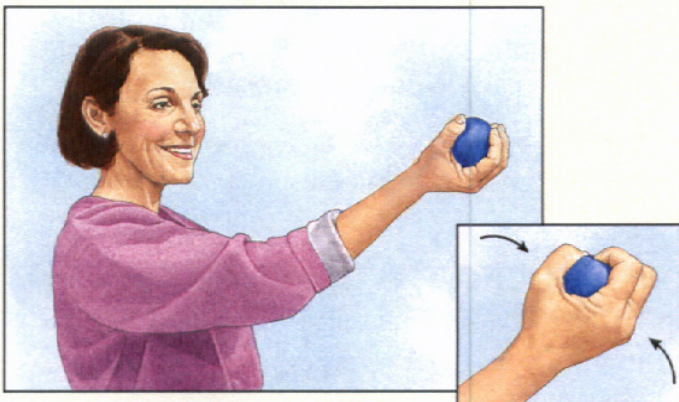
Breast Surgery Recovery Exercises

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PATIENT EDUCATION

As you recover from breast surgery, your doctor will tell you when it is safe to begin exercising. Your goal will be to regain normal range of motion and use of your arm. For your safety, use this handout only as directed by your doctor or physical therapist.

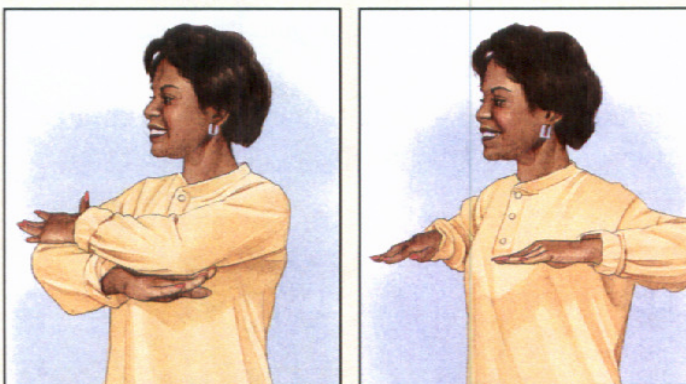
☐ Ball Squeezing

- While standing, sitting, or lying, hold a rubber ball in your hand on the operated side.
- Keep your arm slightly bent, with your palm toward the ceiling. Lift your hand higher than your heart. Squeeze and relax the ball.
- Repeat _____.



☐ Crossed Arm

- Stand with elbows bent and raised to shoulder level. Cross one arm on top of the other arm. Touch your elbows with your fingers.
- Push your elbows backward, squeezing your shoulder blades together.
- Repeat _____.



☐ Broom Stretch

- Place the hand on your operated side over the end of a stick (a broom or cane will work). Grasp farther down the stick with your other hand, palm down.
- Gently but firmly, push the end of the stick as high as you comfortably can. Hold 15 seconds.
- Return to starting position.
- Repeat _____.



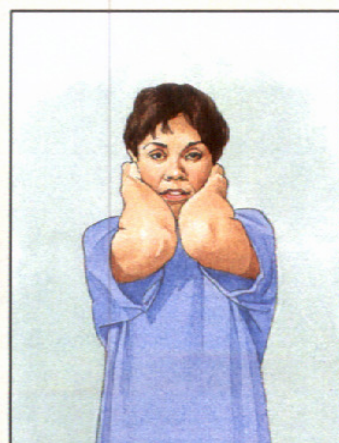
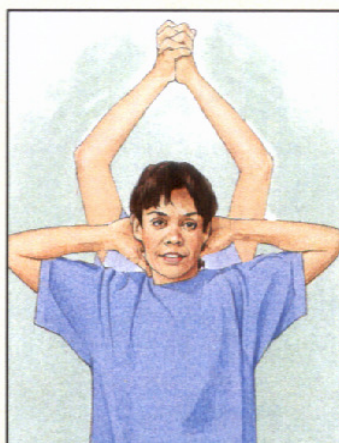
❑ Wall Climb

- Stand and face a wall, with your toes 4 to 6 inches from it.
- Place your forearms against the wall, hands at eye level.
- Walk your hands up the wall, keeping palms parallel. Stop if you feel pulling or pain.
- Hold the stretch for 15 to 20 seconds. Move your hands back down the wall.
- Repeat _____.
- As you improve, stand closer to the wall.



❑ Chicken Wing

- With elbows straight, clasp your fingers in front of you. Raise your arms slowly over your head.
- Keeping your fingers clasped, put your hands behind your neck.
- Pull your elbows in until they touch at chin level. (Unclasp your fingers if you need to.)
- Repeat _____.



Special Instructions:

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A MediMedia Company
www.krames.com 800-333-3032

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