EXERCISES AFTER BREAST SURGERY

PLEASE PERFORM THESE EXERCISES SLOWLY THREE TIMES A DAY. EXPECT A STRETCH, BUT NOT PAIN. COMPLETE FIVE REPETITIONS OF EACH EXERCISE WITH A FIVE SECOND HOLD.

Do not go outside “the box”:

1. Diaphragmatic Breathing
   - Lay on your back with knees bent.
   - Spread fingers over lower abdominals.
   - Breathe deeply in lifting chest and stomach. Slowly exhale feeling your abdominals tighten. Bringing belly button to spine.
   - Hold _____ seconds, breathe in deeply, repeat ______.

2. Supine Shoulder Flexion
   - Lay down with a pool noodle or similar weight/length item.
   - Slowly raise both arms to 90 degrees or shoulder height, palms up.
   - Slowly lower to your thighs.
3. Supine Horizontal Abduction/Adduction
   - Lay down with a pool noodle or similar weight/length item
   - Raise arms less than 90 degrees or shoulder height.
   - Cross body both ways without fully extending your arms.
   - Stay in “the box.”

4. Supine Internal/External Rotation
   - Lay down.
   - Spread arms out away from body, bending at your elbows, with hands facing up, creating a “W” pose.
   - Flip your hands down, rotating at your elbows.
   - Move arms up and move them down.
   - Put a small pillow under elbows for correct position of arm.

5. Shoulder Rolls
   - Stand straight up.
   - Raise shoulders.
   - Roll forward and roll backward.

6. Shoulder Squeezes / External Rotation
   - Stand straight up.
   - Place elbows next to ribs.
   - Pull arms back and stick out chest (should feel muscles above bra line tighten).
   - Keep elbow still at your side.

7. Lateral Neck Flexion
   - Begin sitting up straight with shoulders back.
   - Slowly bend your neck bringing your ear towards your shoulder.
   - Repeat on the other side.