PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS

START EXERCISES 7 DAYS AFTER SURGERY

9 BASIC HOME EXERCISES FOR POST BREAST SURGERY PATIENTS

These exercises should be done regularly each day and performed slowly and smoothly to prevent strain. Allow 10 minutes twice a day and do each exercise 6 times.

1. Arm lift: Stand erect with feet apart facing forward, arms at side with the palms facing down. Bring arms out to shoulder extension. Turn palms up. Repeat, lifting overhead and then lowering to them to the sides. Your back should be straight and flat.

2. Side bends: with arms extended at shoulders, lift arms alternately overhead and bend sideways, reaching toward opposite arm. Do 6 in each direction.

3. Circles: Stand erect with feet slightly apart, arms straight at sides and hands relaxed. Extend arms out about one foot from your body. Make small backwards circles (6 inches in diameter) thigh height, then waist height, shoulder height and overhead

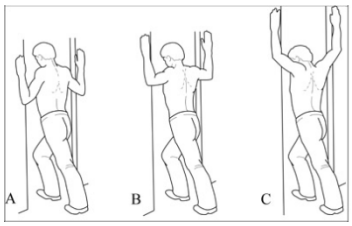
4. Shoulder rotations: Stand erect with feet together, arms bent at elbow across chest. Rotate alternate shoulders back and forth 6 times each.

5. Shrugs: Rotate both shoulders forward and backward 6 times each. Then slowly lift shoulders and drop them 6 times.

6. Wrist drops: Stand erect with feet together facing forward and arms relaxed at side. Bring arms forward to chest height. Flex hands upward at wrist. Push forward with hands, keeping elbows straight. Drop hands and repeat.

7. The chicken: stand erect with feet apart and arms flexed at shoulder height, fists held against armpits. Pull elbows back gently.

8. Bear hug: stand erect with feet apart and arms extended to sides at shoulder height. Extend arms across body with elbows flexed and return to out stretched position.

9. Elbow swing: Stand erect with elbows bent, put hands on shoulder. Watch posture. For variety, hold across and bring rhythmically overhead and back to chest level.

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