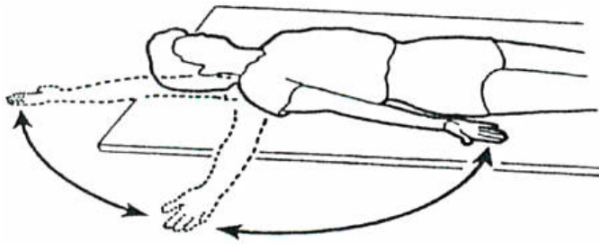


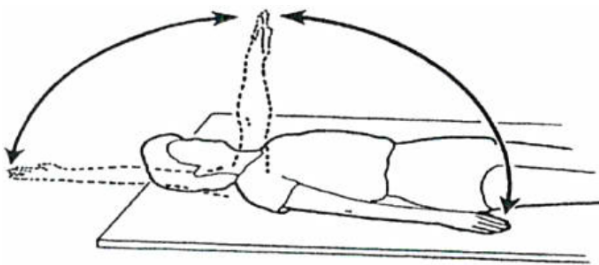
## Exercise After Mastectomy

### Phase I

1. All exercises should be done slowly and gently.
2. You should feel a gentle stretch. **DO NOT CAUSE PAIN.**
3. As you progress in strength, you may try these exercises while standing.
4. Repeat each exercise \_\_\_ times \_\_\_ times per day.



While lying on your back, reach your arm out to the side and then over your head.



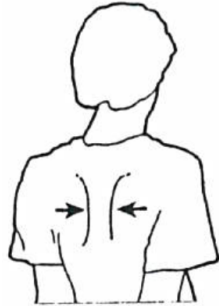
While lying on your back, reach your arm out to the front and then move it over your head. While your arm is up toward the ceiling, make a fist five times.



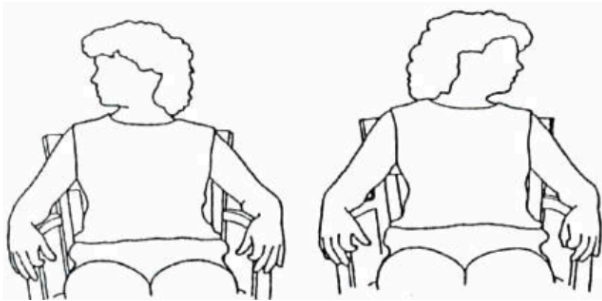
While lying on your back, wave your arm in front of your face from one side all the way over to the other side.



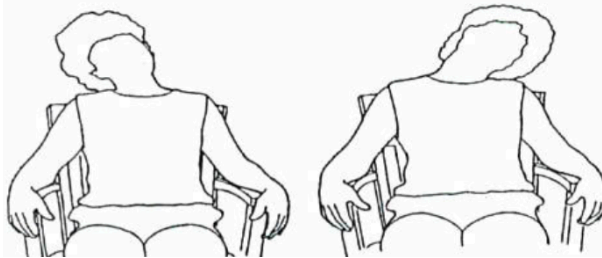
## POST OPERATIVE INSTRUCTIONS



While sitting, squeeze your shoulder blades together.



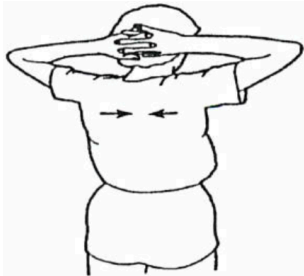
While sitting, keeping your shoulder relaxed, turn your head slowly to the left, and then turn your head slowly to the right.



While sitting, keeping your shoulders relaxed, tilt your head slowly to the left, bringing your ear toward your shoulder. Repeat to the right.



## Phase II



### **Advanced Exercise:**

Reach your hand to the top of your head. Gently reach further behind your head until you can reach the base of your neck. Work toward being able to clasp both hands behind your head as in the picture to the left. Squeeze your shoulder blades together behind you.



### **Advanced Exercise:**

Place your hand at the small of your back. Gently move your hand further up your spine as if you were fastening a bra. Work toward being able to touch your hands behind your back as in the picture to the left.