

## Arm Exercises After Lung Surgery

### Arm Exercises

After your surgery, your arm and shoulder are likely to be stiff and sore. These exercises will help loosen the tight muscles and get your arm moving again. **Do the exercises daily.** Begin slowly and build up to a comfortable level. If you have any questions, please ask your nurse.



Figure 1

**Figure 1**

Grasp your affected arm with your other hand and try to raise it over your head.

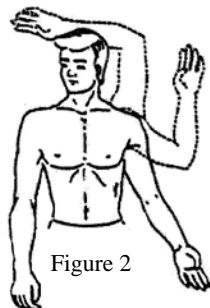


Figure 2

**Figure 2**

Once you can do this comfortably, try to raise the affected arm without using your other hand to help.

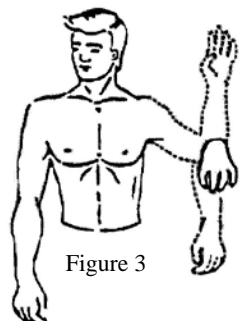


Figure 3

**Figure 3**

Hold your arm as shown. Move it up and down in a waving motion as shown.

Adapted with permission from *Patient Pre-Op Teaching Guide to Lung Surgery*, 1990, Roswell Park Memorial Institute, Buffalo York. Illustrations, Roswell Park Memorial Institute, Buffalo, New York.