

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.

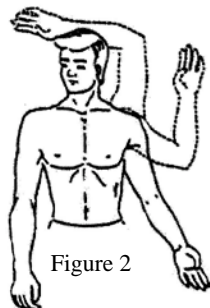


Figure 2

Figure 2

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

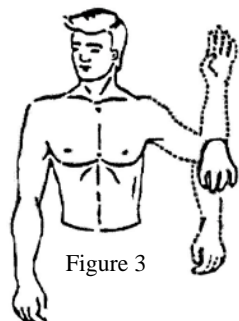


Figure 3

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.