

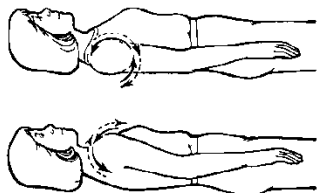
## Exercises After Breast Surgery (Without Drains)

### General Guidelines

Begin these exercises **immediately** after your surgery. If you had reconstructive surgery, discuss the timing of these exercises with a member of your reconstructive surgery team. Patients with drains in place begin the exercises in “Exercises After Breast Surgery (With Drains)” and then perform the exercises in “Exercises After Breast Surgery (Without Drains)” once their drainage tubes have been removed. These exercises are designed to improve the range of motion (flexibility) and strength of your shoulder and arm. They can help to reduce stiffness in the shoulder and reduce the formation of scar tissue. You will feel some tightness in your chest and underarm after surgery. This is normal and the tightness will decrease as you continue with your exercise program.

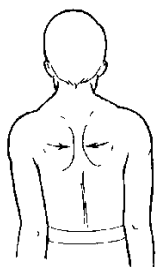
Many women experience a burning, tingling or soreness on the back of the arm and/or chest wall. This occurs because the surgery can irritate nerve endings. Although the sensations may increase a few weeks after surgery, continue to do the exercises, unless you notice unusual swelling or tenderness.

You should do the exercises so you feel a slow stretch. Do not bounce or jerk your arm when doing any of the exercises. Continue doing these exercises until you have achieved full shoulder range of motion, which should occur within 1 to 2 months post-surgery. If you continue to have limitation of motion or difficulty resuming normal dressing, bathing, grooming or other daily activities, ask your physician for specific instructions or for a referral to a Physical Therapist. For more information, call the Baptist Rehabilitation Center at 904.202.4200 or your health care team in the Breast Center at 904.202. 7300.



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1. Lie on your back with your shoulders relaxed.
2. Slowly rotate your shoulders backward.
3. Repeat, rotating your shoulders forward.
4. Do 5 repetitions, 3 times per day.



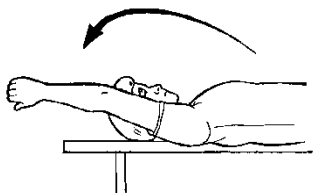
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1. Lie on your back with your arms at your sides.
2. Pinch your shoulder blades together as shown.
3. Hold for 5 seconds.
4. Do 5 repetitions, 3 times per day



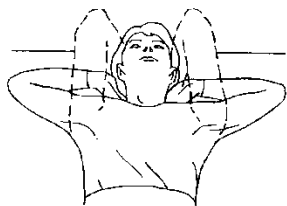
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1. Lie on your back. Grasp your elbow (that is on the side of your breast surgery) with your other hand as shown.
2. Pull the elbow and arm across your chest so that you feel a stretch.
3. Hold for 5 seconds.
4. Do 5 repetitions, 3 times per day.



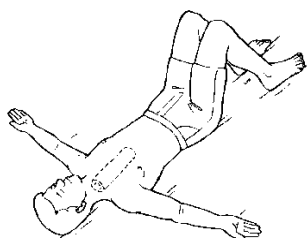
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1. Lie on your back as shown.
2. Raise your arm (that is on the side of your breast surgery) up overhead as far as you can. Lead with your thumb and keep your elbow straight.
3. Hold for 5 seconds and slowly lower your arm.
4. Do 5 repetitions, 3 times per day.



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1. Lie on your back with your hands behind your neck and your elbows pointing toward the ceiling.
2. Move your elbows apart and down to touch the bed.
3. Do 5 repetitions, 3 times per day.



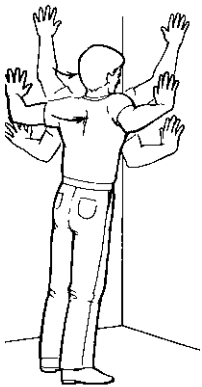
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1. Roll up a small towel so that it makes a firm roll 2-3 inches thick.
2. Lie on your back with the towel aligned between your shoulder blades as shown.
3. Stay in this position for 5 minutes.
4. Do 3 times per day.



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1. Standing, reach behind your back with your arm (that is on the side of your breast surgery).
2. Grasp your arm (that is on the side of your breast surgery) with your other hand.
3. Try to pull your arm upward as shown so that you feel a gentle stretch in your shoulder.
4. Hold for 5 seconds.
5. Do 5 repetitions, 3 times per day.



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1. Stand in a corner about 1-2 feet from the wall with your hands on the wall as shown.
2. Lean into the corner so that you feel a stretch in your shoulder (that is on the side of your breast surgery) and the front of your chest.
3. Vary the stretch by moving your arms higher or lower, or by standing farther away from the wall.
4. Hold for 30 seconds.
5. Do 5 repetitions, 3 times per day