

Post-op Breast Surgery Exercises Weeks 0-2

Take it easy for the first 10-14 days after surgery to allow your body time to heal. Fatigue and mild discomfort are common after surgery. Take several short walks everyday, slowly increasing the duration as you feel stronger.

Things to avoid:

- Pain- if motions are painful, decrease the motion until it is painfree
- Repetitive motions- ex: vacuuming, scrubbing, bouncing/jostling, heavy lifting
- Overhead motions- no lifting above shoulder level until drains removed and cleared by your surgeon

Check with your surgeon before beginning any exercise program to make sure these exercises are safe for you to perform.



Positioning

Place wedge behind back to elevate head and trunk. Place a pillow under knees for support. Place a pillow under each arm to support shoulders.



Diaphragmatic Breathing

While lying down on your back, place one hand on your breastbone and one hand on your abdomen near your navel.



Slowly take a deep breath in and focus on trying to get your hand on your stomach rise while the hand on your breast bone remains still.

As you breathe in, the hand on your stomach should rise. When you breath out, the hand on your stomach should lower.

Repeat 10 Times Perform 3 Times a Day



Lateral Breathing with Towel

On your affected side, place a small rolled towel between your upper arm and trunk. Take a slow deep expanding your rib cage laterally towards the towel and then exhale.

Repeat 5 Times Complete 1 Set Perform 3 Times a Day



Shoulder Circles

Move your shoulders in a circular pattern as shown so that You are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 10 Times Perform 3 times per day



Scapular Retractions

Gently squeeze your shoulder blades back and down. Hold for 5 seconds and then relax.

Repeat 10 times Perform 3 times per day.



Pizza carry-bilateral external rotation

With back against the wall, bend both elbows to 90 degrees, palms facing the ceiling. Slowly rotate the hands/forearms away from you, keeping elbows in contact with the body. As you do this, squeeze the shoulder blades and avoid “hiking” up your shoulders. Return to starting position. Movement should be very slow and controlled.

Repeat 10 Times Perform 3 Times a Day