

RECOMMENDED EXERCISES AFTER BREAST SURGERY

Try these exercises within days of your surgery. They help regain movement in your shoulder so that you can return to your daily activities.

Perform these exercises every day for 4-6 weeks. When performing the exercises, dress comfortably, do them slowly and breathe deeply.

Perform 5 to 10 repetitions of each exercise, 2 to 3 times per day, unless otherwise directed.

HAND PUMPS

Make a fist and open your hand repeatedly on the side that you had surgery.

This movement helps circulation in the affected arm (the side of the surgery) and can be done throughout the day.



SHOULDER BLADE SQUEEZE

Open your chest and squeeze your shoulder blades together and down. Gently release back into starting position, remembering to breathe throughout the movement.

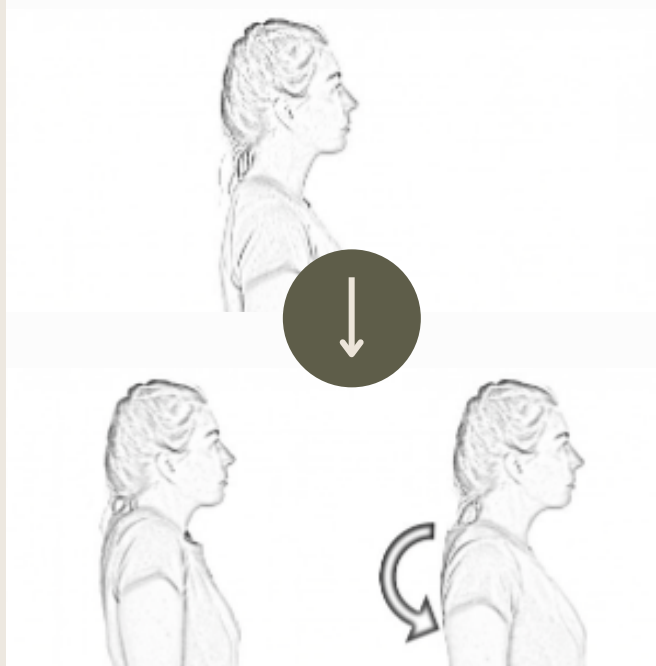


HOPE & COPE



SHOULDER CIRCLES

Lift both shoulders up and then rotate them backwards and down, making a circle, squeezing the shoulder blades at the end of the movement. Repeat in the opposite direction



ARM LIFTS

Lie on your back with knees bent. You can also perform this exercise in standing, while leaning against a wall.

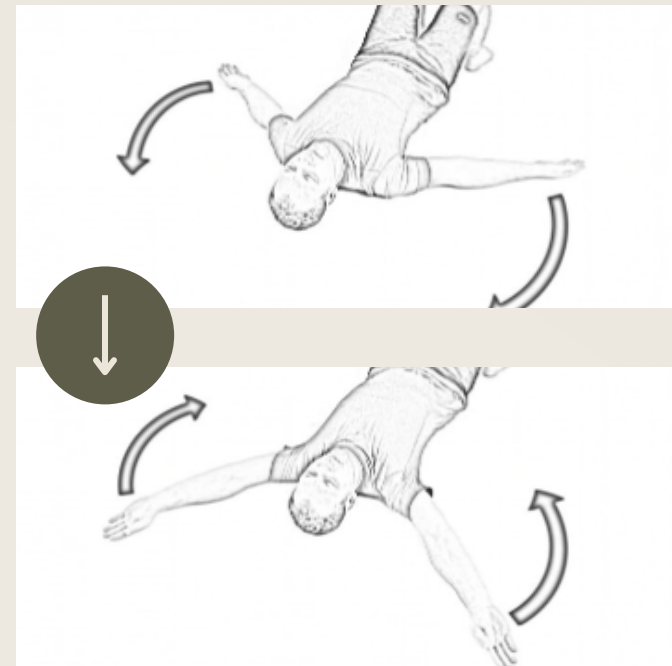
Hold a stick with hand at shoulder width. Raise the stick over your head as far as you can while keeping your arms straight.

Note: If you have drains in place, limit your range of movement to shoulder height (90 degrees) until the drains are removed.



OTHER RESOURCES

For more detailed information on exercises after breast surgery, please refer to the Canadian Cancer Society's booklet (scan QR code to access).



SNOW ANGELS

Lie on your back with knees bent and arms to the side, palms facing up. You can also perform this exercise in standing, while leaning against a wall.

Slowly glide arms towards the ears, stopping when you feel a pull.

Note: If you have drains in place, limit your range of movement to shoulder height (90 degrees) until the drains are removed.