

# Advanced Exercises After Lumpectomy or Mastectomy

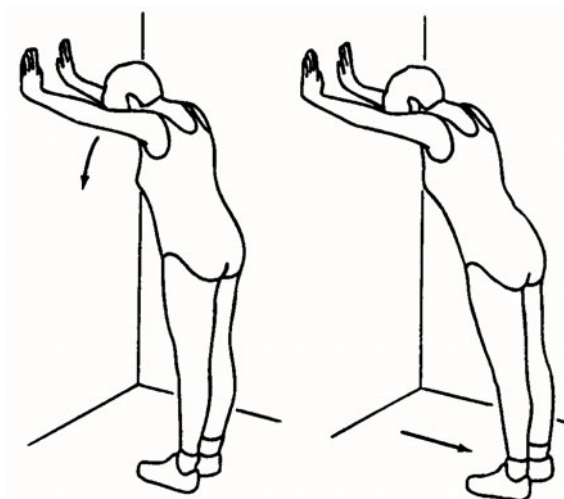
**Do only the exercises marked by your therapist**

**Do each exercise \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day.**

These exercises use your own body weight to increase your range of motion.

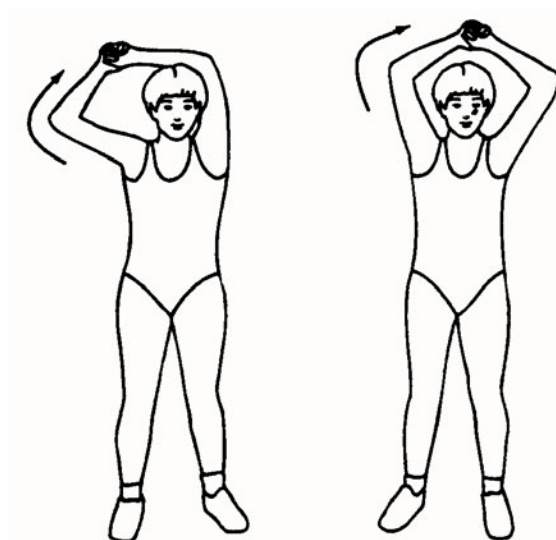
## ☐ **Atlas**

- Stand in front of a wall.
- Put your hands with your palms flat against the wall.
- Gently bend your head forward.
- Take small steps back away from the wall.
- Feel the stretch in your shoulders.



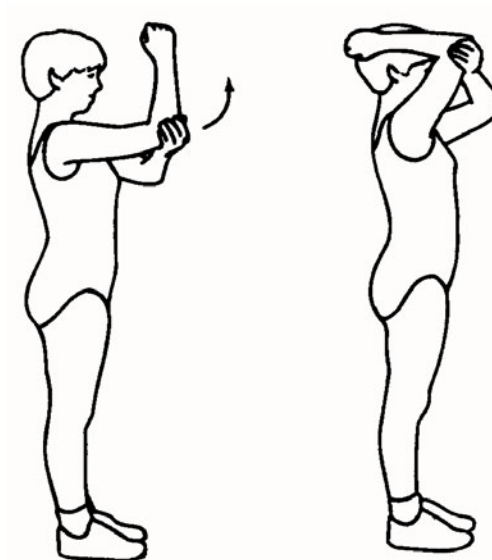
## ☐ **Champion**

- Bend your elbow on the side of the mastectomy and gently pull your arm up over your head with your other hand.
- Hold for a count of 5.
- Feel the stretch down your side.



### ☐ Elbow Push

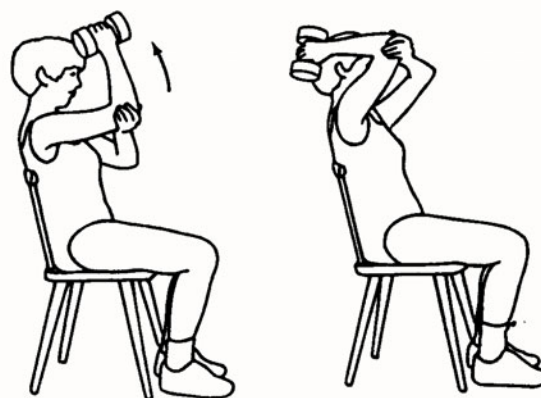
- Hold your arm on the side of the mastectomy by placing your other hand on your elbow.
- Keep the arm at shoulder level.
- Use your other hand to gently push your arm up toward your head.
- Hold for a count of 5.



## Strengthening Exercises

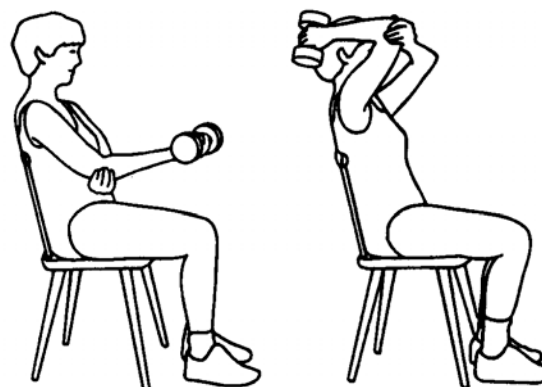
### ☐ Side Raises

- Hold a small light weight, (1 lb. can of soup) in the hand on the side of the mastectomy. Use both of your arms to work muscle groups evenly.
- While sitting, raise your arm up and over your head.
- Put your other hand on your elbow to help raise your arm.



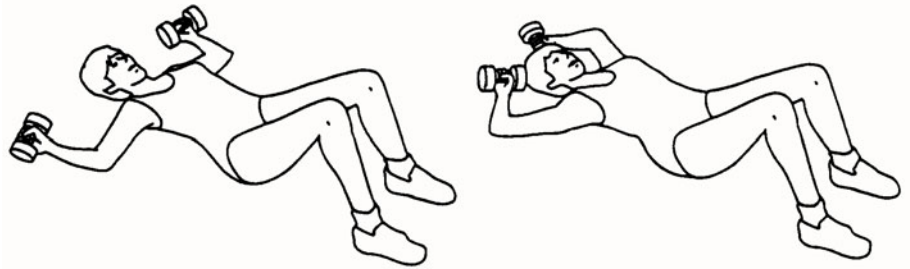
### ☐ Overhead Press

- Hold a small light weight, (1 lb. can of soup) in the hand on the side of the mastectomy. Use both of your arms to work muscle groups evenly.
- While sitting, bend your elbow with your palm facing the ceiling.
- Put your other hand on your elbow.
- Raise your arm over your head.
- Work up to doing both arms together.



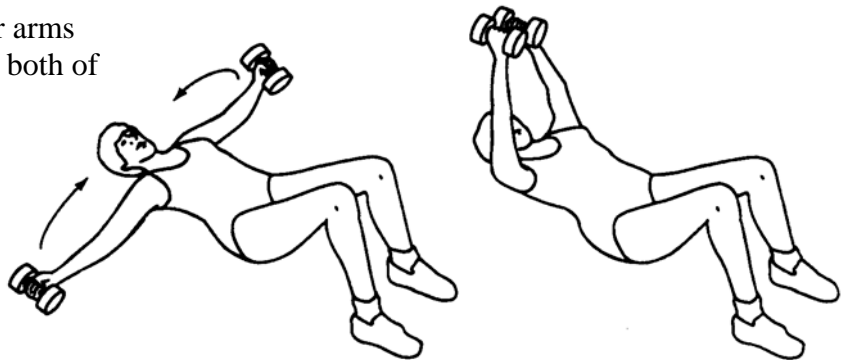
## ☐ Bench Press

- Lie on your back, with weights in both hands.
- Bend your elbows, with your arms out to your side.
- Bring your arms up and over your head.



## ☐ Crossovers

- Lie on your back, with your arms outstretched and weights in both of your hands.
- Bring your arms up off the floor and meet in middle.
- Slowly lower your arms to the starting position.



**Follow up:** Physical Therapist: \_\_\_\_\_

Phone: \_\_\_\_\_

**Comments:**

**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

© Copyright, (11/2005)  
Division of Nursing, James Cancer Hospital & Solove Research Institute  
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.