

Exercises After a Mastectomy

- Begin to use the involved arm for daily activities such as washing your face, combing your hair and dressing.
- While resting, keep the involved arm elevated so the arm is at or above the level of the heart.
- Squeeze a soft ball or foam rubber hand exerciser using the hand of the involved arm. This helps pump the lymph fluid out of your arm.

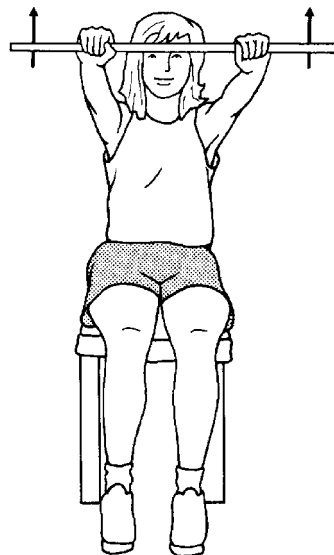
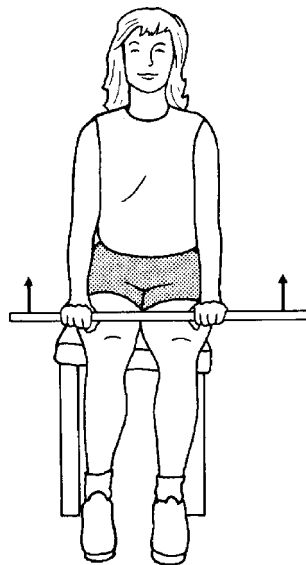
Do only the exercises marked by your therapist.

Do each exercise ____ repetitions, ____ times a day.

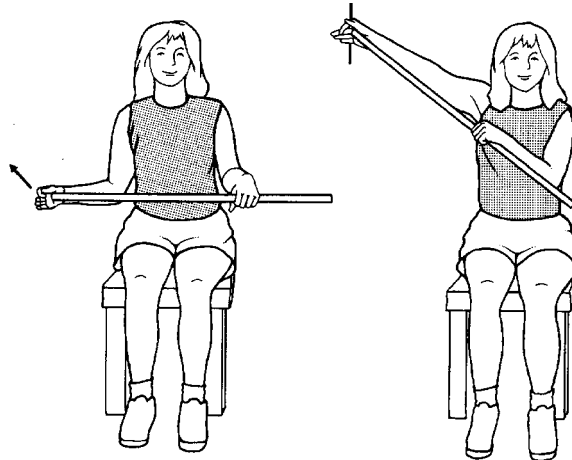
Range of motion exercises / strengthening exercises

 **Use a dowel rod to do these exercises either sitting or lying on your back:**

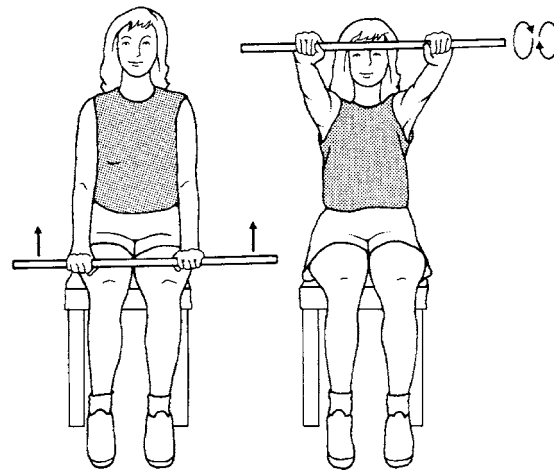
- ☐ Lift arms overhead as far as you can go or until your elbow is near your ear.



- ☐ Hold dowel rod at shoulder level and move it from side to side.

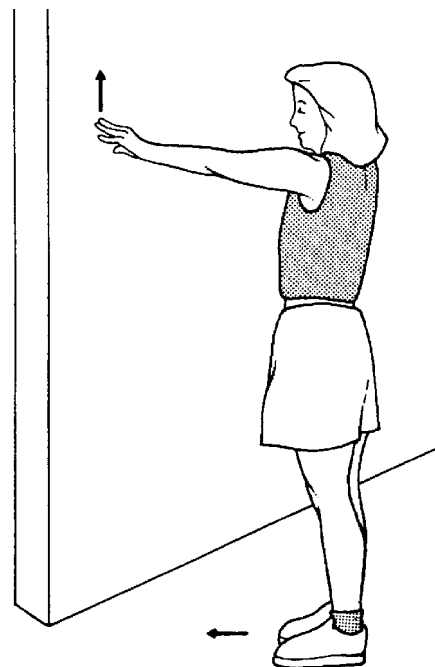


- ☐ Hold a dowel rod at shoulder level and turn it clockwise and then counterclockwise.



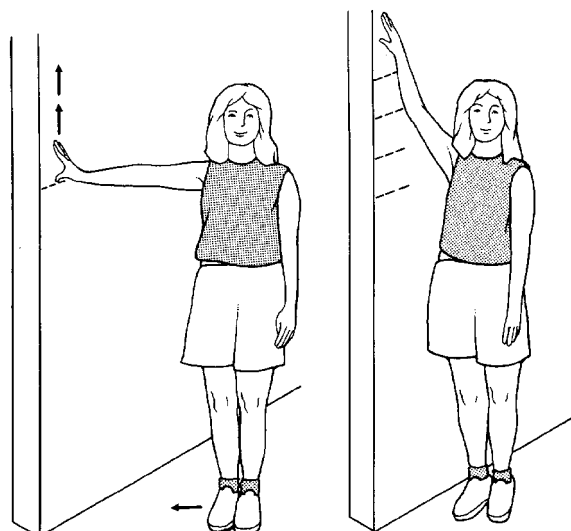
☞ Stand and face a wall to do these exercises:

- ☐ Extend your involved arm directly in front of you so that your fingertips touch the wall. Walk your fingertips up the wall, stepping in towards the wall as you move your arm higher. Repeat the exercise down the wall, taking a step backwards as you bring your arm down to the starting position.



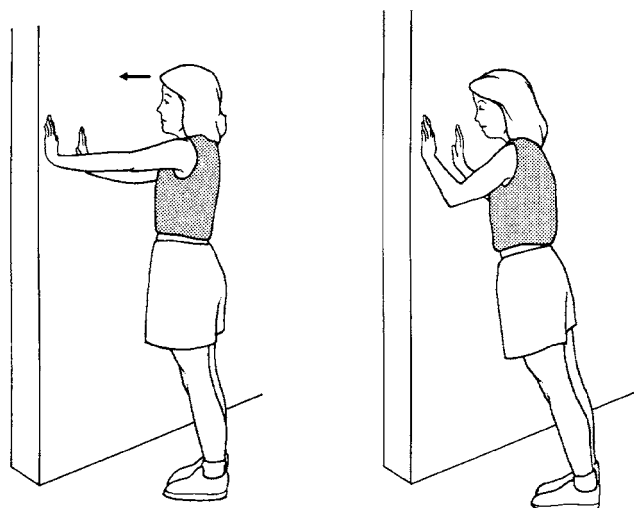
- ☐ Stand with your involved arm next to the wall:

- Walk your fingertips up the wall, without leaning your body towards the wall.
- Repeat the exercise by walking your fingertips down the wall.



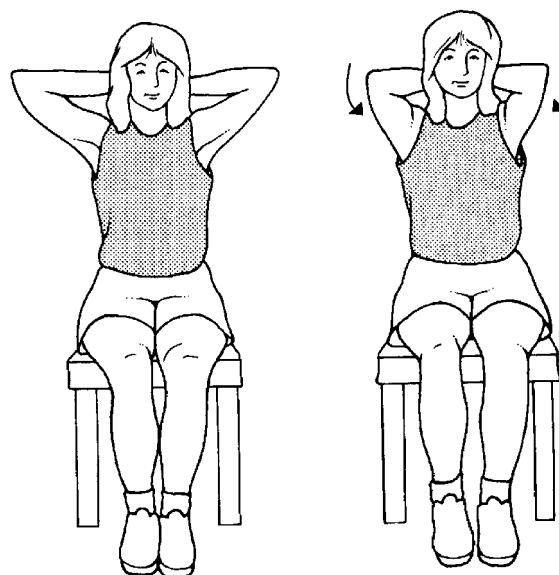
- ☐ Stand facing the wall at arm's length and place your hands against the wall at shoulder level.

- Slowly bend your elbows until your forehead touches the wall. Keep your head, trunk and legs in a straight line.
- Straighten your elbows slowly until the body is upright.
- To get an added stretch, do the above exercise in a corner, with your arms on the opposite wall.

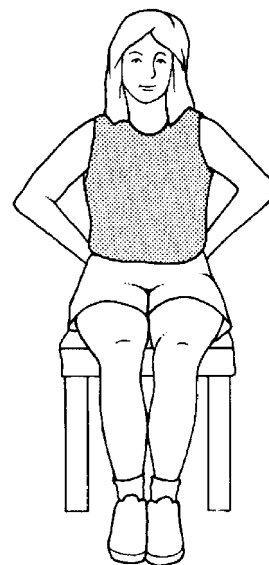


☞ Stand or sit to do these exercises:


- ☐ Try to place both hands behind your neck with your elbows out to the side.
- Once you are able to reach both your hands behind your neck, clasp your fingers together and bring your elbows together until they touch.



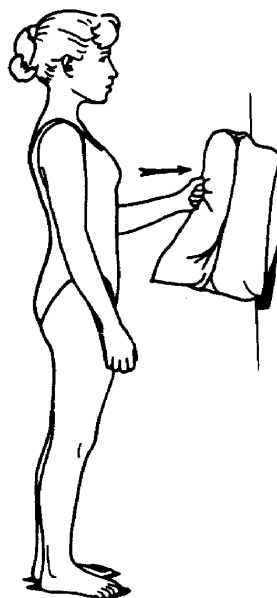
- ☐ Try to place both your hands in the small of your back.
 - Once you are able to get both your hands behind your back, clasp your fingers and slide your hands up and down your back.



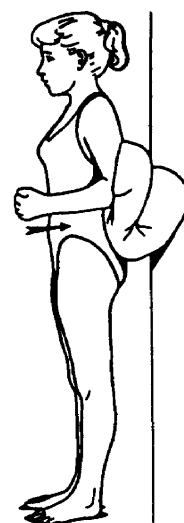
Strengthening exercises

 Sit or stand next to a wall to do these exercises:

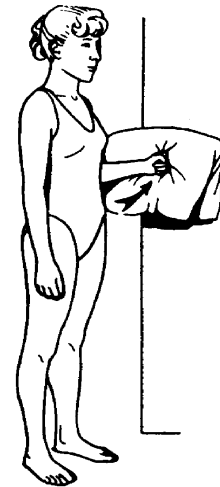
- ☐ Facing the wall, press your fist with light to moderate resistance into the wall. Use a pillow for comfort. Hold for 6 - 10 seconds.



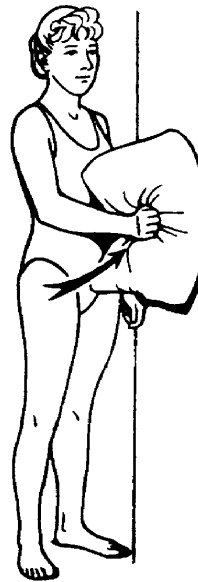
- ☐ With your back to the wall, press your back and arm with light to moderate resistance into the wall. Use a pillow for comfort. Hold for 6 - 10 seconds. Relax.



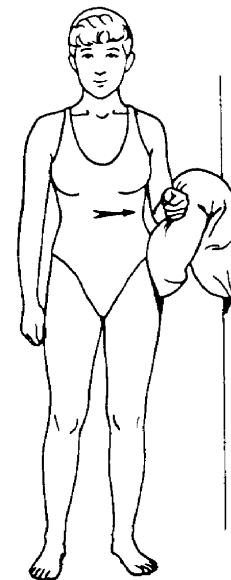
- ☐ Keep your arm tucked in at your side. Press your back and hand into the wall with light to moderate resistance. Hold for a count of 6 - 10 seconds.



- ☐ Use a door frame to provide resistance. Press the palm of your hand into the door frame using light to moderate resistance. Keep your elbow at your side. Hold for a count of 3 - 10 seconds.



- ☐ Use the wall to provide resistance and press into the wall with your elbow with light to moderate resistance. Hold for a count of 6 - 10 seconds.



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