



HEALTH FOR LIFE

Exercises After Chest Surgery

Begin to use the involved arm for daily activities, such as washing your face, combing your hair and dressing.

It is best to do these exercises sitting on a hard, straight-back chair with your feet flat on the floor. Keep your head and back in an upright position. Avoid slumping or arcing your back. Sitting in front of a mirror is often helpful because it allows you to see how you are sitting.

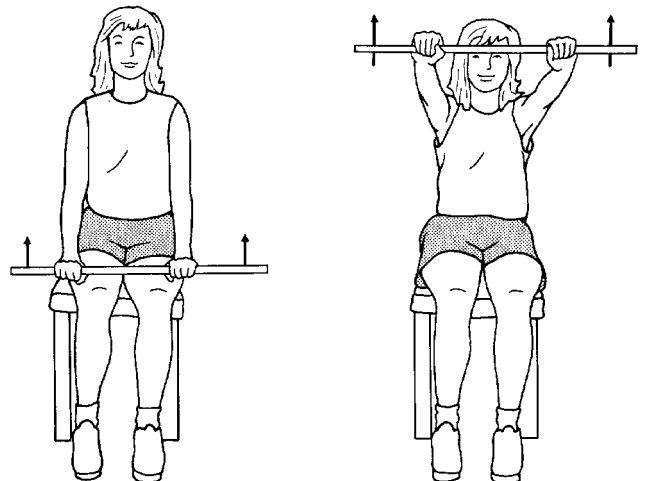
Wand Exercises

- These range of motion / strengthening exercises will help to increase your arm and trunk movements.
- Use a wand made from an old broom handle, can, yard stick, or 3 foot dowel rod for the following exercises.
- Keep both arms as straight as possible except when instructed to bend your elbows. Hold the wand with your hands about 12 inches apart and your palms down.
- All exercises should be done slowly and rhythmically. Do not use fast or jerky movements. Do not push your arms beyond their limits. If you feel a pull at your incision site - **STOP!**

Do only the exercises checked by your therapist, as some exercises are not recommended for all types of chest surgery.

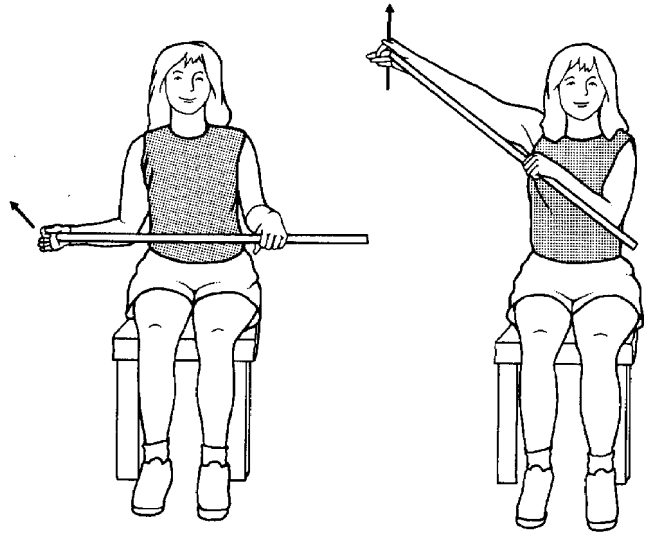
Do each exercises _____ repetitions, _____ times a day.

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

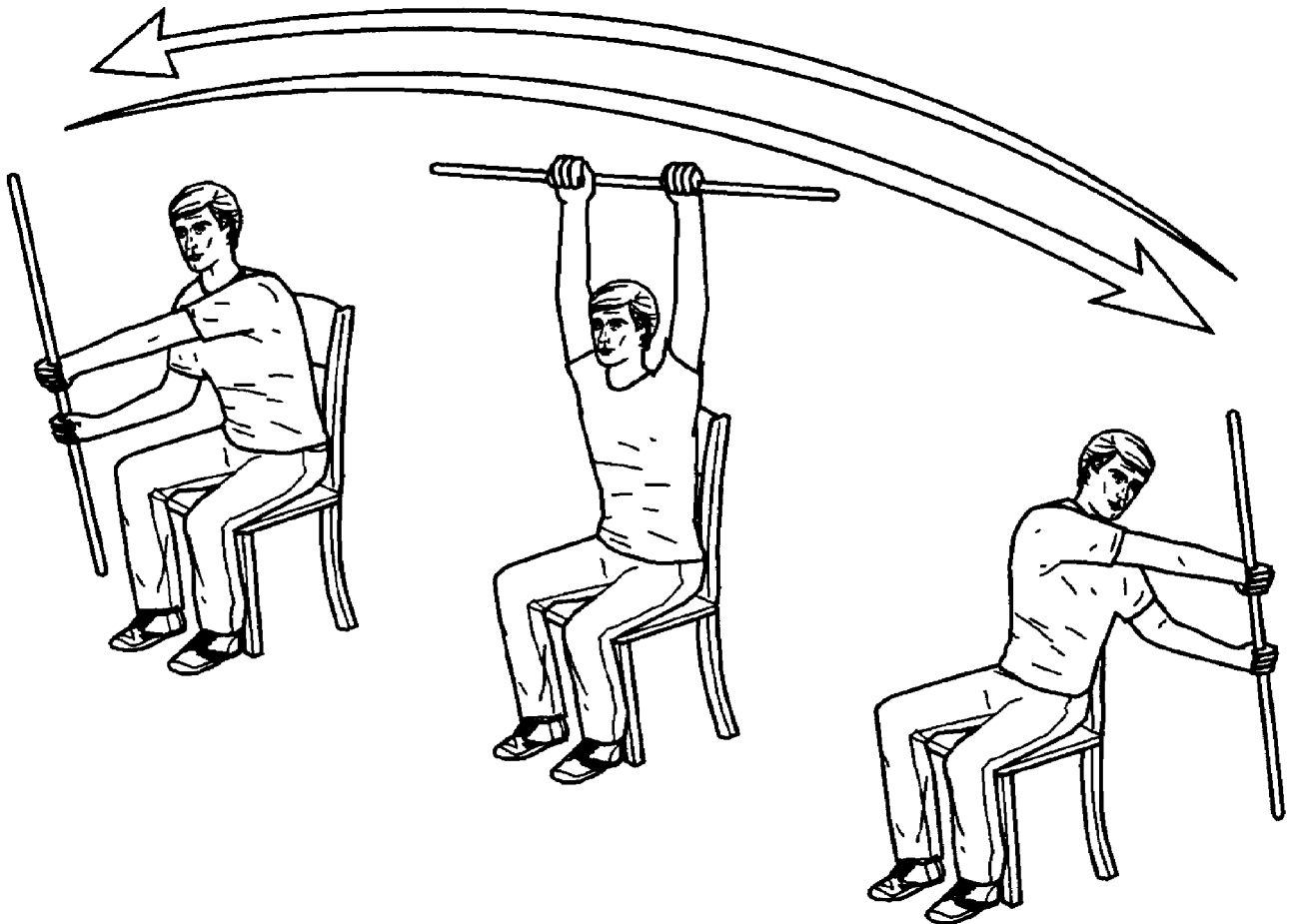


- Grasp one end of the wand in your **left** hand and place the tip of it in your right hand. Move the wand to the right side and up towards your head as far as possible. Your right arm will be moving **away** from your body. Return the wand to the starting position.

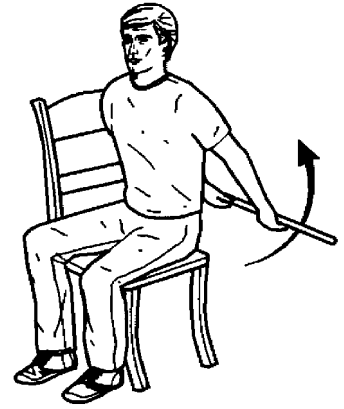
- Switch positions by grasping the end of the wand in your **right** hand with the tip of it in your left hand. Move the wand to your left side.



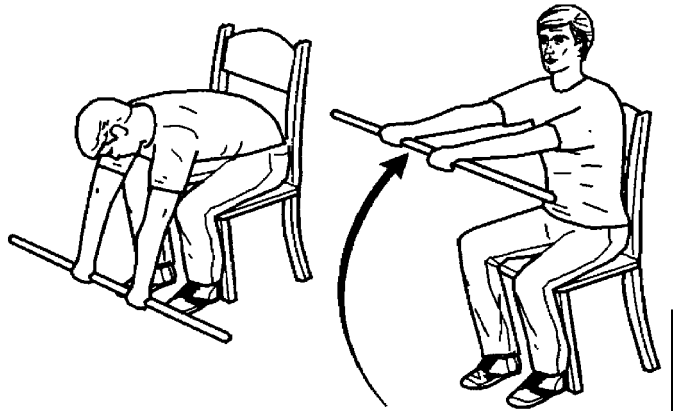
- Keep both of your arms straight and toward your right side. Move the wand in a large circle. Slowly do this clockwise and then counterclockwise.



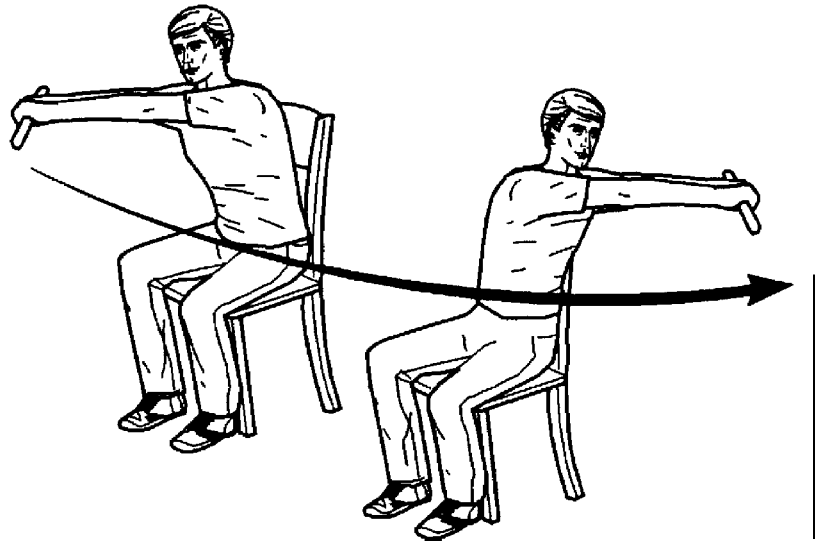
- ❑ Sit sideways in the chair so the wand can move backwards. Put both your hands on the wand and hold it behind your body. Move the wand up towards your head, as far as possible. Bring the wand back down, slowly.



- ❑ Lean forward so the wand rests on your ankles. Slowly bring your arms up to shoulder height.

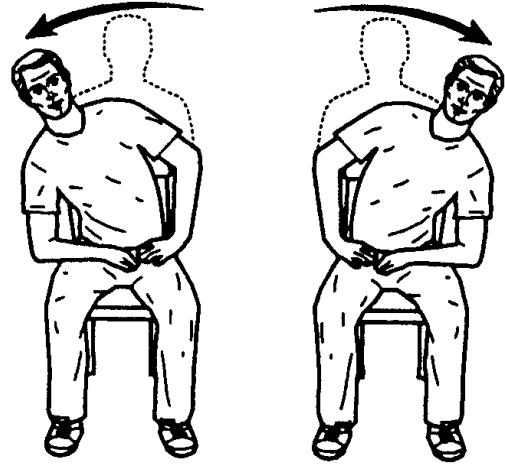


- ❑ Keep your arms straight at shoulder height. Move your arms to the right as far as possible. Come back to the starting position, and then move to the left as far as possible.



Trunk Exercises

- ❑ Sit flat on a surface. Lean to the right as far as possible. Return to your original position. Lean to the left side as far as possible.



- ❑ Sit upright on firm surface, raise the left buttocks up off the surface. Return to starting position. Now raise your right buttocks off the surface.

