

## Exercises After Axillary Lymph Node Dissection With Drains in Place

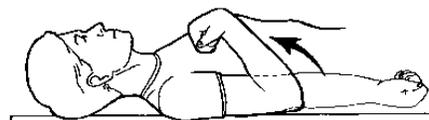
### General Guidelines

Start these exercises right away after your surgery. These gentle exercises are designed to be done while your drains are still in place. The exercises will help keep your muscles strong and promote circulation to improve wound healing.

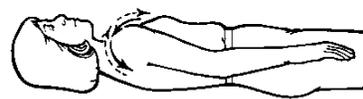
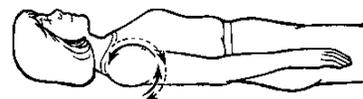
You may feel tightness in your chest and armpit after surgery. This is normal, and the tightness will lessen as you continue the exercise program. Also, you may have some soreness or numbness on the back of your arm and chest wall. This is normal, too.

Continue to do these exercises until the drains are removed. If you notice unusual swelling, redness or tenderness, call your doctor.

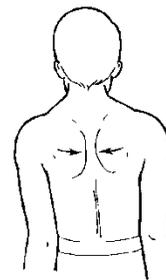
1. Lie with your affected arm straight, the palm of your hand facing forward as shown.
2. Bend your elbow as shown.
3. Straighten the elbow to a fully stretched-out position.
4. Do five repetitions, three times per day.



1. Lie on your back with your shoulders relaxed.
2. Slowly rotate your shoulders backward.
3. Repeat, while rotating shoulders forward.
4. Do five repetitions, three times per day.



1. Lie on your back with your arms at your sides.
2. Pinch shoulder blades together as shown.
3. Hold for 5 seconds.
4. Do five repetitions, three times per day.

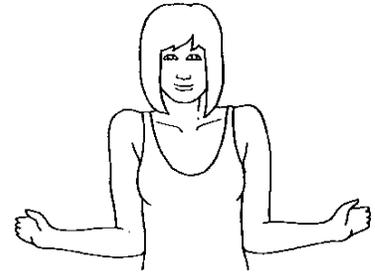


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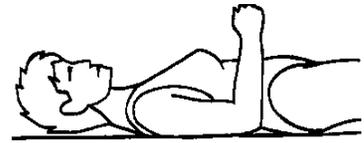
Exercises After Axillary Lymph Node Dissection: With Drains in Place The University of Texas  
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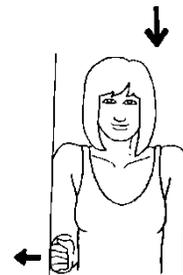
1. Lie on your back with your upper arms close to your sides and your elbows at right angles.
2. Turn your forearms outward, bringing the backs of your hands toward the bed.
3. Return forearms inward, and bring the palms of your hands toward your stomach.
4. Do five repetitions, three times per day.



1. Lie on your back with your upper arm close to your side and your elbow at a right angle as shown.
2. Push your elbow back against the bed.
3. Do five repetitions, three times per day.



1. Stand sideways against a wall with your upper arm close to your side and your elbow at a right angle.
2. Push your arm to the side against the wall and then pull it tight against your side.
3. Do five repetitions, three times per day.



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