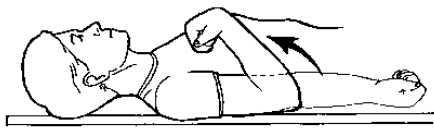


## Exercises After Breast Surgery (With Drains)

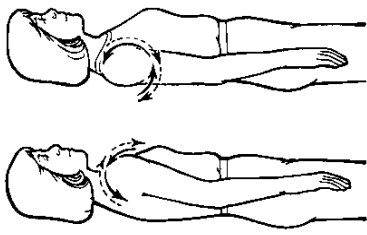
### General Guidelines

Begin these exercises immediately after your surgery. If you had reconstructive surgery, discuss the timing of these exercises with a member of your reconstructive surgery team. These gentle exercises are designed to be done while your drains are still in place. These exercises will help to keep your muscles strong and promote circulation to improve wound healing. They also help to reduce stiffness in the shoulder and reduce the formation of scar tissue. You may feel tightness in your chest and underarm after surgery. It is normal and the tightness will decrease as you continue with your exercise program. You may experience some soreness or numbness on the back of your arm and/or chest wall. This feeling is normal--continue to perform these exercises until the drains are removed. If you notice unusual swelling, redness or tenderness, contact a member of your health care team in the Breast Center at 904.202.7300. For more information, call the Baptist Rehabilitation Center at 904.202.4200.



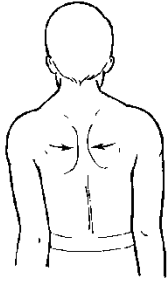
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1. Lie with your arm straight (that is on the side of your breast surgery), with the palm of your hand facing forward as shown.
2. Bend your elbow as shown.
3. Straighten the elbow to a fully stretched-out position.
4. Do 5 repetitions, 3 times per day.



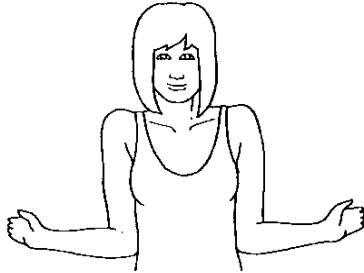
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1. Lie on your back with your shoulders relaxed.
2. Slowly rotate your shoulders backward.
3. Repeat, rotating shoulders forward.
4. Do 5 repetitions, 3 times per day.



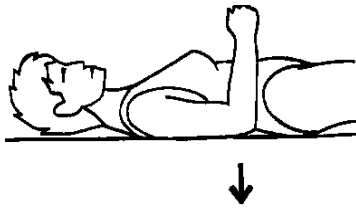
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1. Lie on your back with your arms at your sides.
2. Pinch shoulder blades together as shown.
3. Hold for 5 seconds.
4. Do 5 repetitions, 3 times per day.



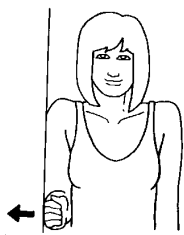
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1. Lie on your back with your upper arms close to your sides and your elbows at right angles.
2. Turn your forearms outward, bringing the backs of your hands toward the bed.
3. Return forearms inward, bring the palms of your hands toward your stomach.
4. Do 5 repetitions, 3 times per day.



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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 5 repetitions, 3 times per day.



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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 5 repetitions, 3 times per day.