

Exercises Following Breast Surgery

**Physiotherapy
Community & Therapy Services**

**This leaflet has been designed
explain the benefits of the
treatment activity you have been
taught, act as a reminder of
technique and who to contact with
any questions.**



Information for patients and visitors

It is important to do these exercises regularly to help regain the movement in your shoulder following surgery. It is normal to experience pain after surgery and it is important that you take the pain medication prescribed for you, as this will enable you to perform the exercises easier. The following exercises should be continued until you have full movement of your shoulder without any discomfort.

If you stop doing exercises too early, you may find your shoulder soon stiffens.

Some breast surgery may require you to have further appointments as an out-patient with a physiotherapist. If this is required for you this will be arranged with you while you are on the ward.

1. You are encouraged to use your hands and fingers as normal.

2. This exercise can be done in standing or sitting.

Move your shoulder blades gently back and down.

Repeat 5 to 10 times.

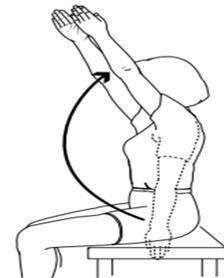
Complete 3 times a day.



3. This exercise can be done either lying on your back or in sitting. Clasp your hands together in front of you. Raise your arms above your head. Your elbows can be bent as you do this exercise if you feel this is more comfortable. Hold for a few seconds and increase to 10 seconds.

Repeat 5 to 10 times.

Complete 3 times a day.



4. This exercise can be done in lying or sitting. Clasp your hands behind your head and gently push your elbows backwards. Hold this stretch for as long as is comfortable.

Repeat 5 to 10 times.

Complete 3 times a day.



Information for patients and visitors

5. Standing sideways next to a wall, about an arms length away, reach your hand to touch the wall within your level of discomfort, stepping closer to the wall as necessary. Hold for a few seconds, gradually increase to 10 seconds.

Repeat 5 to 10 times.

Complete 3 times a day.



If you have drains this exercise should only be done once your drains are out.

Sometimes patients develop pain or discomfort down their arms – like a pulling sensation. This mostly commonly occurs at 2-4 weeks after surgery, but it can happen earlier or later.

The following exercise may help:

Lying on your back with your arm at your side, gently bend and straighten your elbow several times. As this begins to feel more comfortable, take your arm slightly further away from your body and repeat bending and straightening your elbow. Repeat this several times, making sure you do this slowly and gently. You can do this a couple of times a day.

If you are at all concerned about your shoulder movement please discuss this with your Breast Care Nurse as it may be necessary for you to be referred to a Physiotherapist for further treatment.

Additional information

Exercise after breast cancer surgery (BCC6) www.breastcancercare.org.uk

Contact details

Grimsby Physiotherapy: 03033 304576

Scunthorpe Physiotherapy: 03033 304069

Goole Physiotherapy: 03033 302385

Information for patients and visitors

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: nlg-tr.PALS@nhs.net

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.

Northern Lincolnshire and Goole NHS Foundation Trust

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