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STRETCHING EXERCISES AFTER BREAST SURGERY

These stretches have been specifically designed to prevent stiffness in your arms and shoulders.

We recommend you perform these exercises 3 times per day, beginning on your first day at home

The goal of each exercise is for you to push yourself just beyond the point of tightness
(but please stop if you feel pain).

#1. Shoulder shrugs

Raise both shoulders as
high as you can

Hold for 3 seconds

Bring shoulder back down.

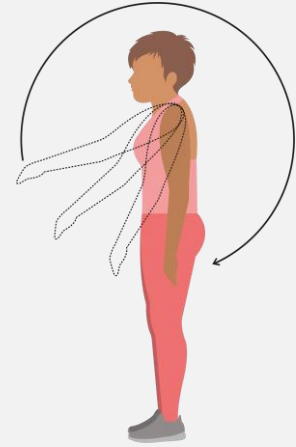
Repeat 10 times



#2. Windmills

Slowly swing
one arm
all the way around

*Repeat 10 times
with each arm*



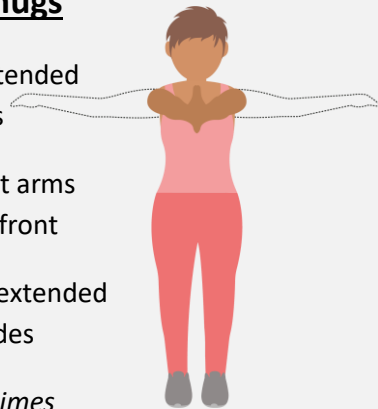
#3. Bear hugs

Both arms extended
at sides

Swing straight arms
together in front

Return arms to extended
at your sides

Repeat 10 times



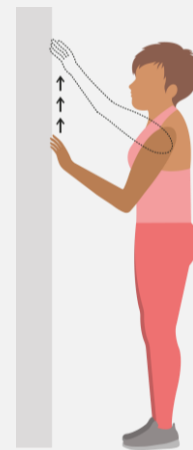
#4. Finger crawls

Start with hands on wall

“Walk you fingers” as
high up wall as you can
and hold 3 sec.

Walk fingers back down

*Repeat 10 times
with each arm*



Thank you for your commitment to your recovery,
and please contact us with any questions about these stretching exercises!