

Chest and Breast Surgery Post-Operative Instructions

Advanced Exercise Guide

You may begin these exercises after surgeon clearance. Repeat each 2-3 times daily.



ELBOW RAISES



1. Place your palms together in front of your chest
2. Raise your elbows while separating your palms
3. Lower your elbows back to your side

Repeat steps 2 and 3 for 10 repetitions (2-3 times per day)

ARM CIRCLES



1. Bring your arm out to your side
2. Slowly make small circles forward
3. Slowly make small circles backwards
4. Lower your arm back to your side

Repeat steps 2-4 for 10 repetitions (2-3 times per day)

SUPPORTED WALL CLIMBS



1. Stand next to a wall and position your fingers against the wall
2. Walk or slide your fingers up the wall
3. Walk or slide your fingers down the wall

Repeat steps 2 and 3 for 10 repetitions (2-3 times per day)

