# 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**



#### SUPPORTED WALL CLIMBS

- 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

against the wall

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

1. Stand next to a wall and position your fingers

Walk or slide your fingers up the wall
Walk or slide your fingers down the wall







### TEMPLE HEALTH

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

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