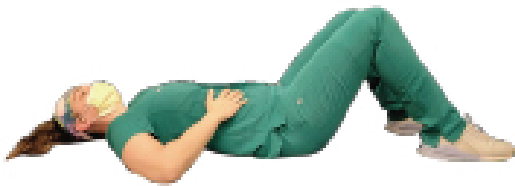


Chest and Breast Surgery Post-Operative Instructions



Exercise Guide

DEEP BREATHING



1. Lay on your back with knees bent or straight
2. Place both hands below ribs
3. Breathe in through your nose, let your belly rise
4. Hold breath for 1-3 seconds
5. Slowly breathe out through your mouth

Repeat steps 3-5 for one minute

INCENTIVE SPIROMETRY



1. Place lips around mouth piece
2. Slowly breathe in
3. Hold your breath for 1-2 seconds
4. Breathe out

Repeat steps 2-4 for 10 repetitions every hour

HAND GRASP



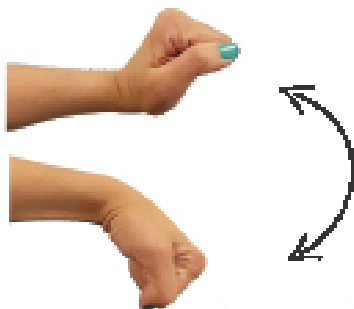
1. Relax your arm at your side
2. Make a fist and hold for 5 seconds
3. Open your hand fully

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

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WRIST FLEXION AND EXTENSION



1. Relax your arm at your side and make a fist
2. Slowly flex your wrist up
3. Slowly extend your wrist down

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

WRIST ROTATION



1. Place your hands on your thighs
2. Rotate your hands so that your wrists are facing up
3. Rotate your hands so that your wrists are facing down

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

SHOULDER ROLLS



1. Relax your arms at your side
2. Roll your shoulders backwards gently
3. Relax your shoulders

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

SHOULDER SHRUGS



1. Relax your arms at your side
2. Raise your shoulders up
3. Lower your shoulders down

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

