



# Shoulder Range of Motion Exercises



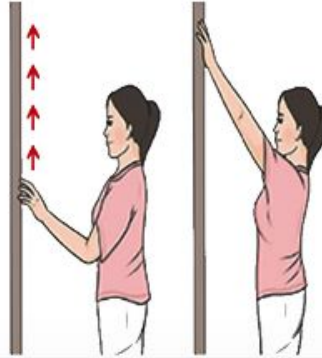
The following exercises should be started 1-2 days after breast surgery, . They should be performed 3-4 times per day, 5-10 repetitions each. They can be performed in a sitting or standing position.

## Butterfly Exercise



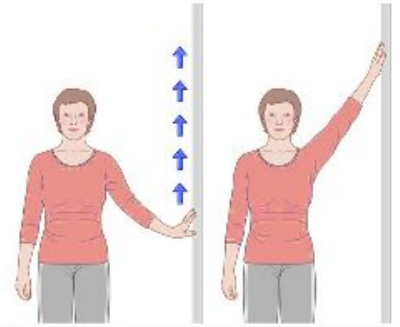
Place hands behind head and gently bring elbows back.

## Wall Climbing



With elbow straight, use fingers to "crawl" up wall, return to start & repeat

## Side Wall Stretch



Stand with affected side towards wall and keep facing in front. Walk your fingers up the wall, return and repeat.

## Back Stretch



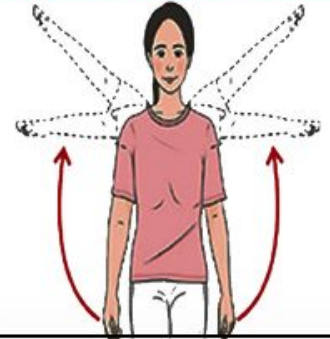
Reach behind back and hold hands together. Gently slide hands up back and slowly return to starting position.

## Arm Lift



Clap Hands together in front of chest. Lift arms above head till you feel stretch & return.

## Shoulder Rotation



Rotate both hands in clock wise direction & Anti Clock-wise direction.

## Chest Wall Stretch

Stand facing corner of Wall, Bend elbow & put forearm on wall, move your Chest towards corner & return.



- TREAT SMALL CUTS WITH ANTIBACTERIAL OINTMENT
- AVOID NEEDLE PRICK
- AVOID BLOOD PRESSURE CUFF
- WEAR LOOSE CLOTHS
- AVOID STRAIN ON SURGURY SIDE



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