

RECOVERY IN MOTION

PHASE I EXERCISES

To be done for the first 2 weeks

Neck Range of Motion

POSITION

This exercise is best performed seated, in a comfortable position. Your head is centered.

MOTION

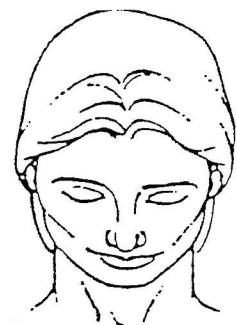
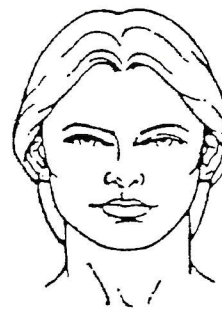
Rotation: **Slowly** turn your head to the left until you feel a stretch in your neck muscles. Return your head to center. Now, slowly turn your head to the right until you feel a stretch in your neck muscles. Return to starting position.

Forward bending: Allow your head to drop slowly forward until your chin nears your chest. Return to the upright position.

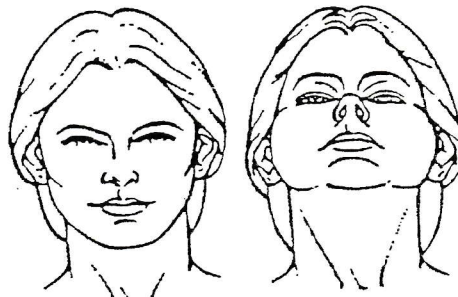
Backward bending: *Slowly* allow your head to drop back until you feel a stretch in the front of your neck. Return to upright position.



Rotation



Forward Bending



Backward Bending

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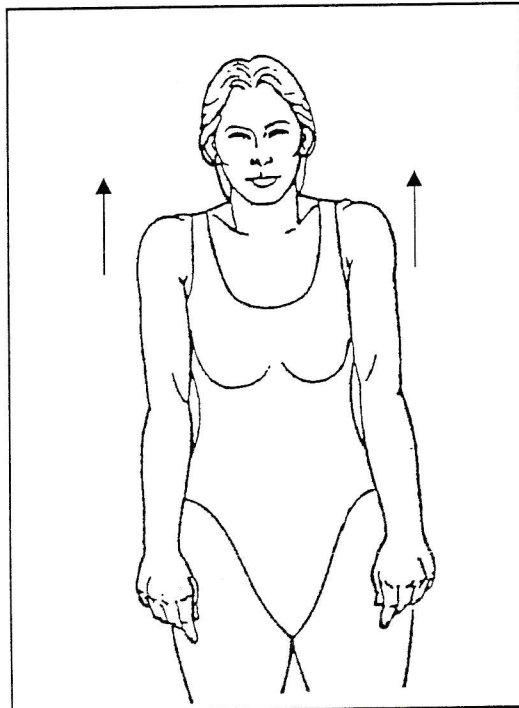
Shoulder Shrug

POSITION

This exercise can be performed sitting or standing with both arms down to your side.

MOTION

Slowly raise both shoulders up toward your ears. Be aware that both shoulders move at the same time and to the same height. Using a mirror while performing this exercise can help you keep the motion symmetrical.



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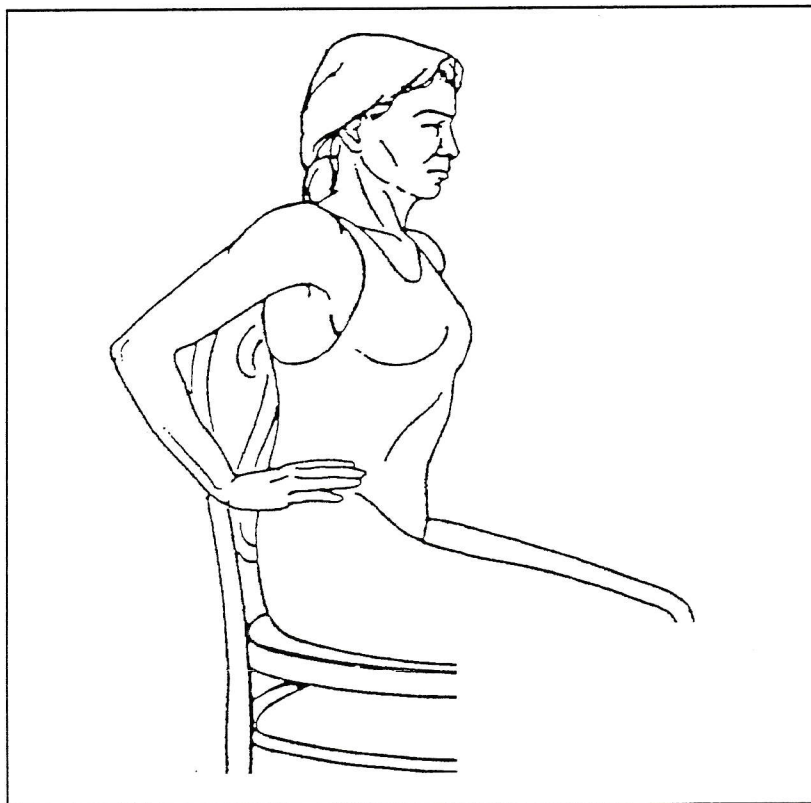
Chest Expansion Breathing (sitting)

POSITION

Sit with your hands on your hips

MOTION

Breathe deeply, pushing your chest up and forward. Hold the chest position and exhale slowly. Relax.



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Scapular Retraction (standing or sitting)

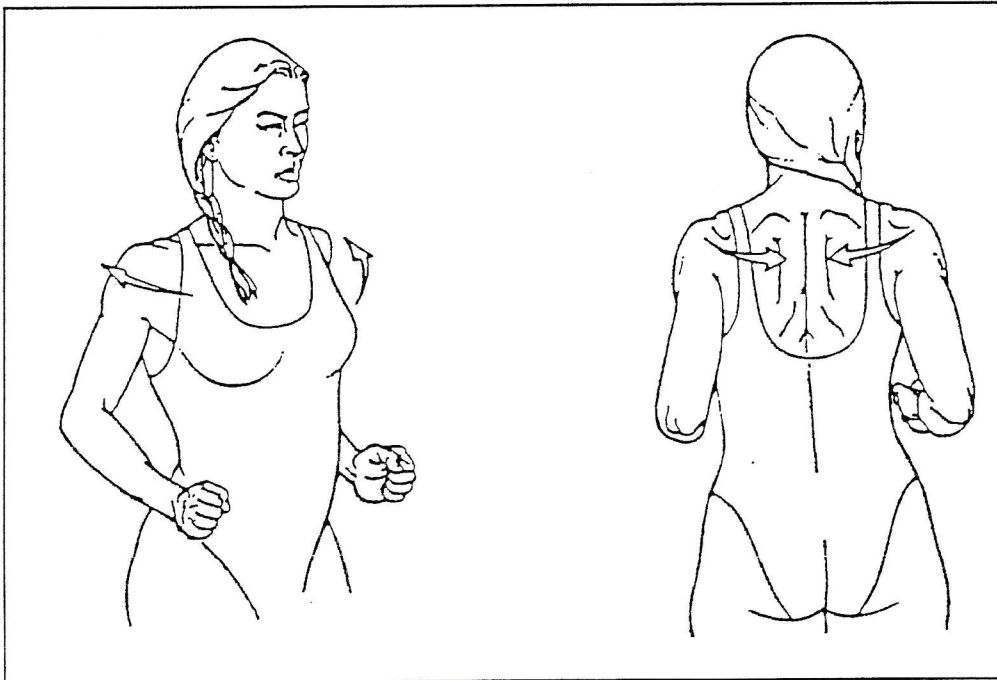
POSITION

This exercise can be performed standing or sitting. Bend your elbows, keeping your arms by your side.

MOTION

Keeping your elbows bent, squeeze your scapulae together. You may feel a stretch across your chest wall. Movement should come from the upper back, as the scapulae meet. For more symmetrical movement, perform this exercise in front of a mirror.

* you can combine this with scapular protraction (p 15) by pinching back, reach forward and extend further forward



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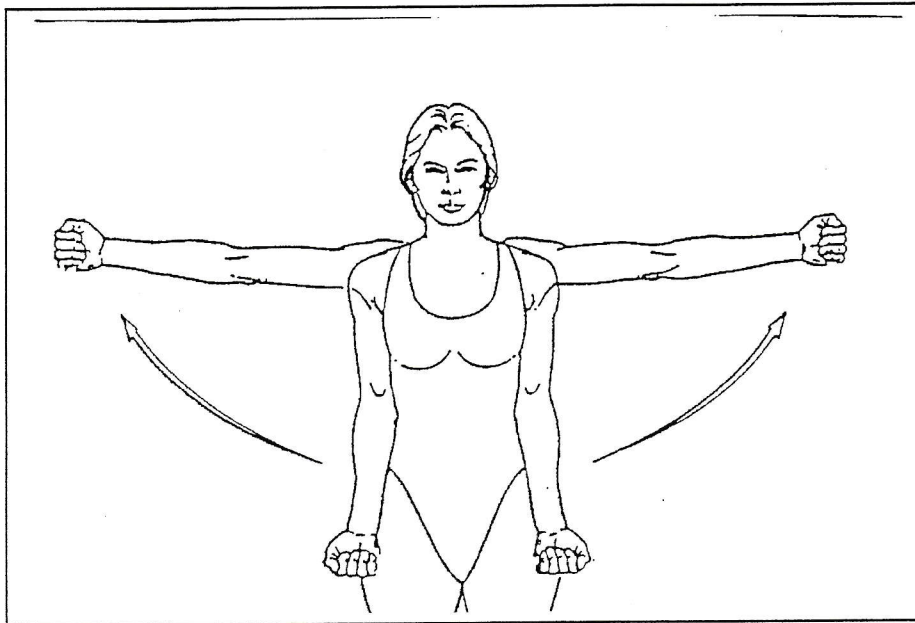
Bilateral Shoulder Abduction (to 90°)

POSITION

Stand with your arms by your sides.

MOTION

Simultaneously raise both arms out to the side until your arms are parallel to the floor. Keep your palms facing forward throughout the movement.



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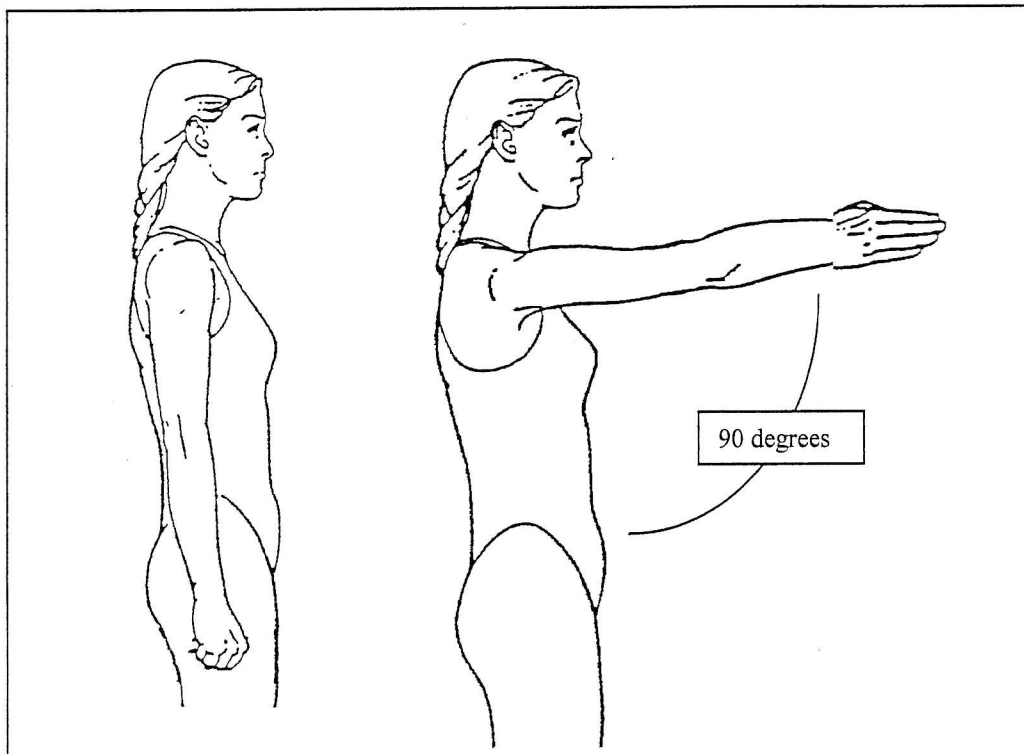
Shoulder Flexion

POSITION

Stand with your arms down at your sides.

MOTION

Raise your arm until it is fully outstretched in front of you to shoulder height.



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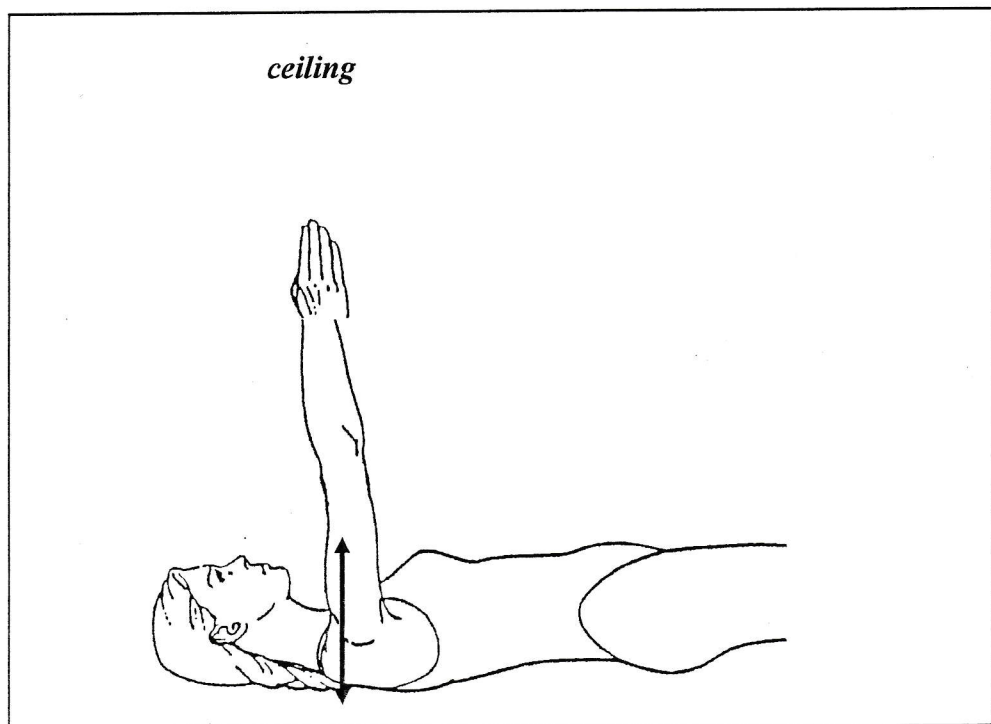
Phase I Exercises

To be done during first 2 weeks

Scapular Protraction (lying down)

POSITION Lie on you bed or sofa. Your affected arm should be pointing up toward the ceiling with the elbow straight.

MOTION Lift the scapula straight up - reaching toward the ceiling. Make sure that the movement comes from the scapular area only. Do not allow your elbow to bend; it remains locked in a straightened position throughout the entire exercise.



***Note – if you have had a DIEP Flap reconstruction – place 2 pillows under your knees and 2 pillows behind your neck**

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Phase II Exercises

To be done after 2 weeks

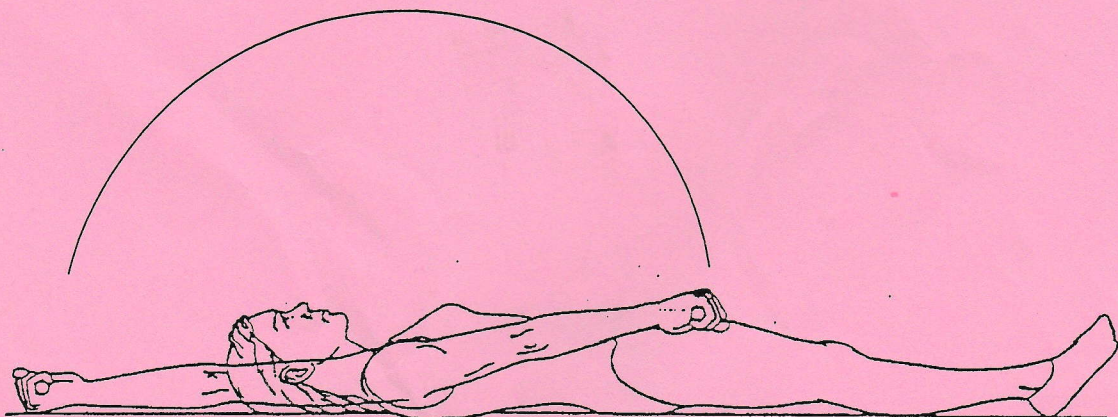
Assisted Shoulder Flexion (Using wand)

POSITION Lie on a firm surface with knees bent. Hold the wand with your arms shoulder width apart. **Elbows should be straight.**

MOTION Raise the wand up over your head, keeping your elbows straight. Let the weight of your arms stretch out the axilla. Relax with the wand in this position. **Hold for 15 seconds.** Slowly return to starting position.

Do not allow your back to arch as you perform the exercise. Arching your back will cause you to substitute back motion for arm motion and will decrease the effectiveness of the stretch.

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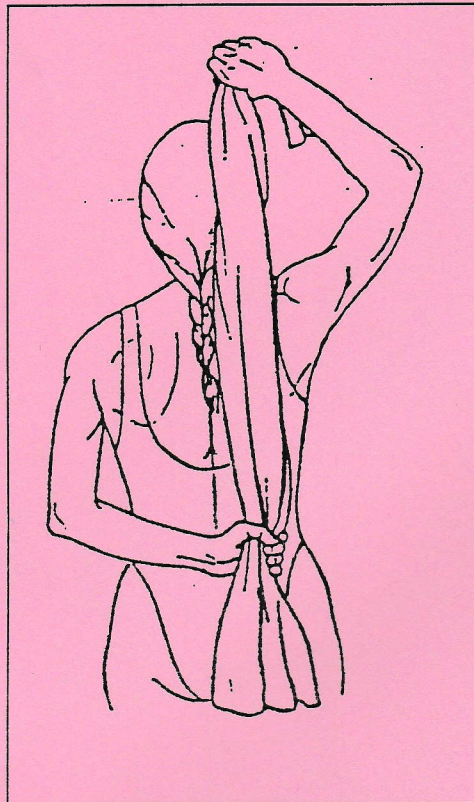
Phase II Exercises

To be done after 2 weeks

Towel Stretch

POSITION Stand, holding the ends of a towel in both hands. **The involved arm should be at the small of your back,** grasping the bottom of the towel.

MOTION Slowly, pull the towel from above, pulling the bottom arm up the back. You will feel a stretch in the front of your shoulder. **Hold the stretch for 15 seconds.**



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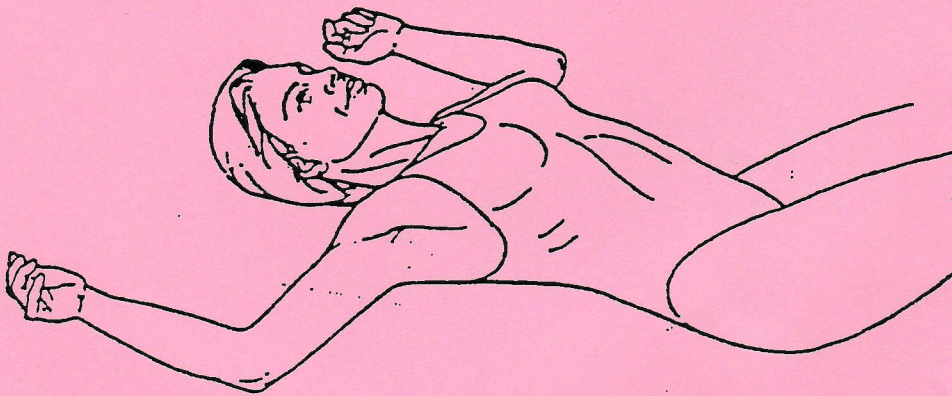
Phase II Exercises

To be done after 2 weeks

Chest Expansion Breathing

POSITION Lie on your back with your knees bent.

MOTION Breathe in, allowing your chest to rise moderately. Hold the chest position and exhale slowly.



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Phase II Exercises

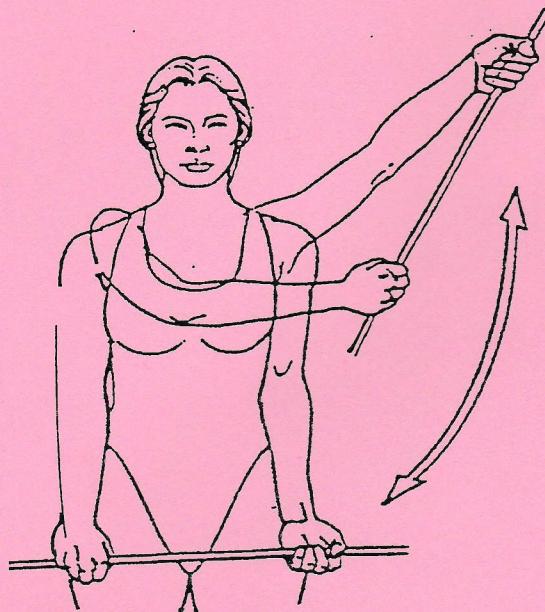
To be done after 2 weeks

Assisted Shoulder Abduction (Using Wand)

POSITION Sit/stand/or lie down holding the wand with the **palm of the involved arm up and the other palm facing down.**

MOTION Move the wand across your body toward the involved side, raising the wand as high as possible. You will feel the stretch in the axilla and along the side of your trunk. **DO NOT bend your trunk. Hold this stretch for 15 seconds.**

To avoid bending your trunk instead of raising your arm, perform this exercise in front of a mirror.



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Phase II Exercises

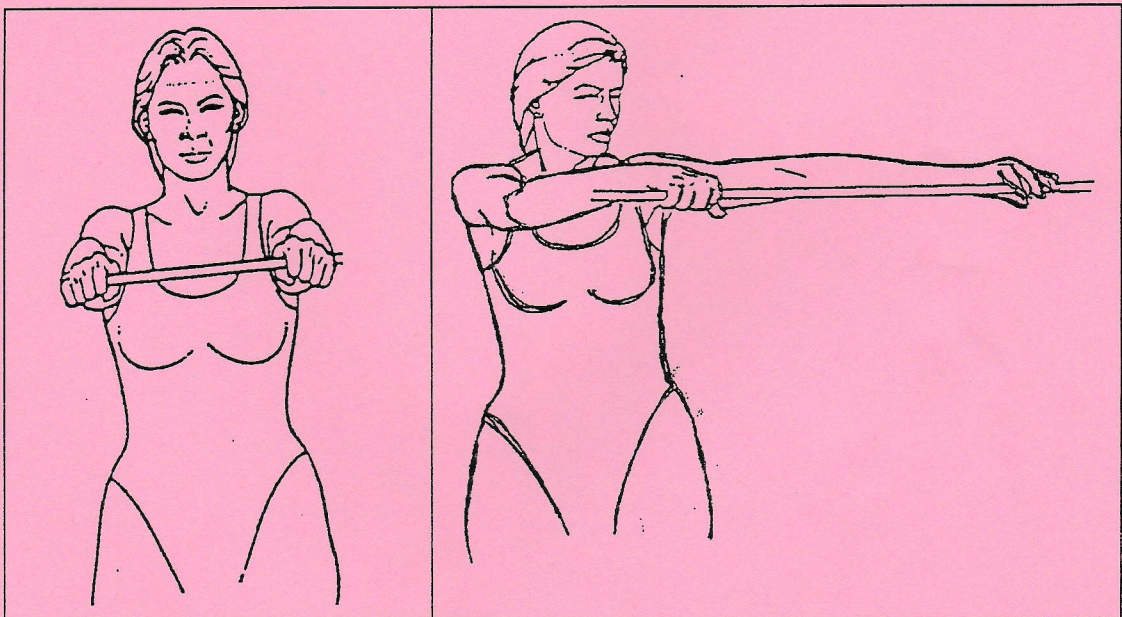
To be done after 2 weeks

Chest Stretch (supine or sitting)

POSITION Lie on your back on a firm surface with your knees bent (or sit up in a chair). Grasp the wand with both hands, with your hands shoulder width apart. Your arms should be pointing toward the ceiling and your elbows should be locked. (Illustration shows overhead view).

MOTION Keeping your elbows straight, slowly move the wand toward the involved side. You will feel a stretch across your chest and the front of your shoulder as you move the wand further away from your body. **Hold the stretch for 15 seconds.** Return to starting position.

***Note – if you have had a DIEP Flap reconstruction – place 2 pillows under your knees and 2 pillows behind your neck**



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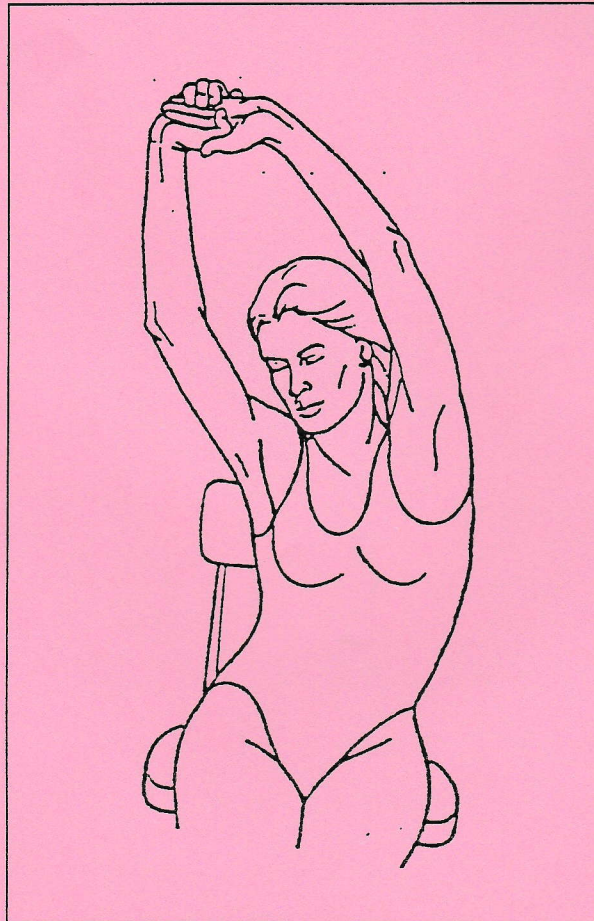
Phase II Exercises

To be done after 2 weeks

Latissimus Stretch (side stretch)

POSITION This exercise should be performed seated. With both arms overhead, grasp the hand of your involved arm with your other hand.

MOTION Gently pull the involved arm to the opposite side, forming a slight "C" with your body. Keep your elbows as straight as possible. If done correctly, you will feel a stretch along the arm, the axilla, and the side of the body. **Hold each stretch for 15 seconds.**



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Phase II Exercises

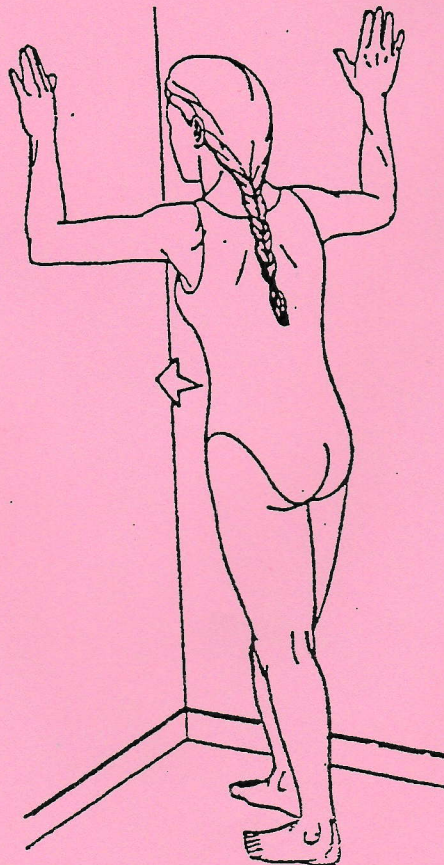
To be done in 2 weeks

Pectoral Corner Stretch or Doorway Stretch

POSITION Stand facing a corner or in a doorway. Place your hands and forearms on the wall or door jams with your elbows at shoulder level.

MOTION Slowly, lean your chest into the corner or doorway. You will feel a stretch across your chest wall. **Hold this stretch for 15 seconds**, then return to starting position.

You can adjust you arm positions for a varied stretch.



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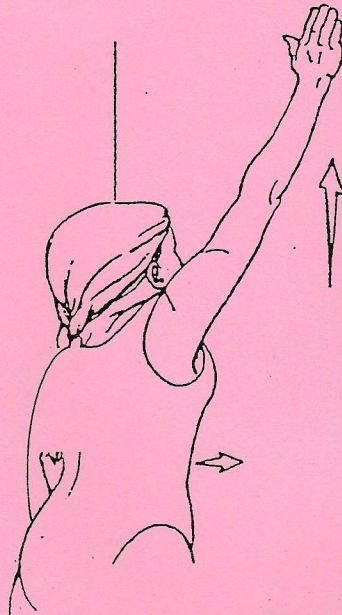
Phase II Exercises

To be done after 2 weeks

Shoulder Flexion

POSITION Stand facing a wall or door jam with your arm reaching up as high as possible.

MOTION With your little finger against the door jam, slide your hand up as you reach until you feel a stretch in the axilla (armpit). Walking forward as your arm goes up helps avoid pushing your arm into the wall. Hold for 15 seconds. **DO NOT PUSH**



*NOTE – if you have had reconstruction, find a door jamb to clear the breast