

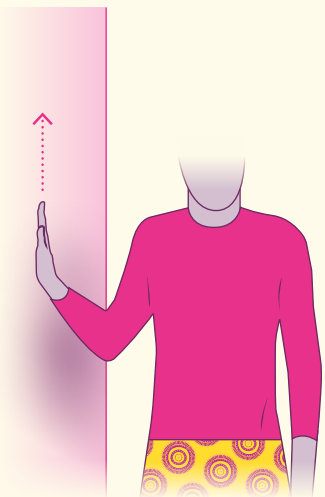
MORE ADVANCED EXERCISES (AFTER STITCHES REMOVED)

6

Wall exercises

Sideways to the Wall

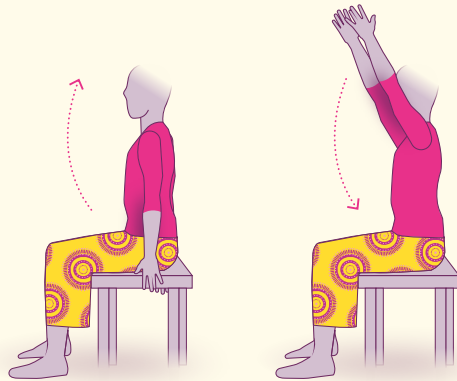
- Stand sideways, with the side that had surgery closest to the wall.
- Place your hand on the wall, keeping your elbow slightly bent.
- Relax your shoulders to avoid tension.
- Gradually slide or "walk" your hand upwards, letting your elbow extend as you go.
- Go as high as you can without straining or feeling pain.
- Hold the position, counting to 10, then lower your hand back to the starting position.



7

Arm lifts

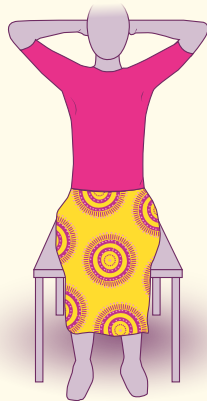
- Lean back in your chair, lift arms.



8

Elbow push

- Sit down, hands behind head.
- Push elbows back, then relax.



Information for recovery after mastectomy



Pre-surgery: Wash the chest with antibacterial soap for 1 week. Avoid strong deodorants.



Post-surgery: Continue using antibacterial soap for 2 weeks after stitches are removed and skip strong deodorants for 2 weeks.

COMMON SIDE EFFECTS AFTER SURGERY

- ✓ Pain
- ✓ Feeling sick (nausea)
- ✓ Bruising
- ✓ Swelling
- ✓ Discolouration of skin
- ✓ Numbness or sensitivity in the surgery area
- ✓ Scaring
- ✓ Stiff shoulder

If you have a swollen armpit, arm and fingers please go back to see the doctor.

Lymphoedema can cause long term problems and affect your recovery.

HOW LONG DOES IT TAKE TO RECOVER?

Your wound may take 6 – 8 weeks to heal.

It will take several months for the affected breast or chest area to feel "normal" again. Doing the exercises will help full recovery and regain full movement in that side of your body.

WHEN CAN I DO MY NORMAL ACTIVITIES?

2 weeks after the surgery you can do normal tasks. Each person heals differently, so keep monitoring yourself and see how you feel.

At first, go slowly and let your body heal. Remember to do the exercises 3 times every day.

Resting and eating well and drinking lots of water will help you recover quickly.

Any of the following symptoms can mean you have an infection in your wound:

- ! The skin feels sore or warm to touch.
- ! Redness in the area.
- ! Fluid coming from the wound.
- ! Feeling unwell and having a fever.



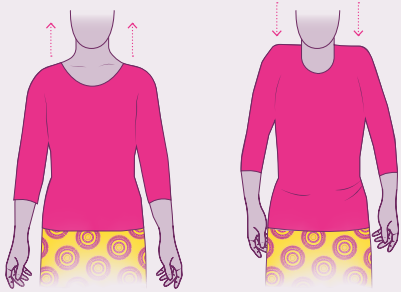
See the doctor if you have any of these symptoms. An infection can be very dangerous and stop you from recovering.

WARM-UP AND COOL-DOWN

Before and after other exercises, do:

1 Shoulder shrugs

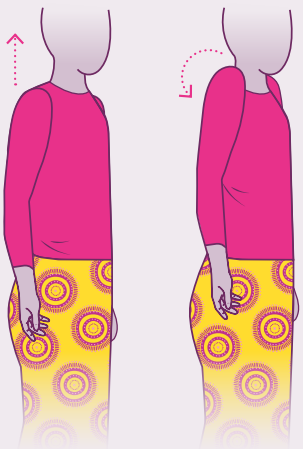
- Arms relaxed.
- Lift shoulders up and down.



Shoulder circles

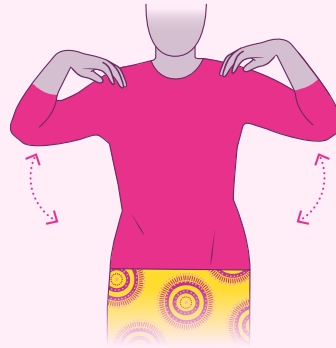
- Lift shoulders up, then circle back and down.

2



BASIC EXERCISES (WEEK 1 AFTER SURGERY)

Don't lift arms above shoulder height.



3 Bent arm

- Arms forward, hands on shoulders.
- Move elbows up and down.

or

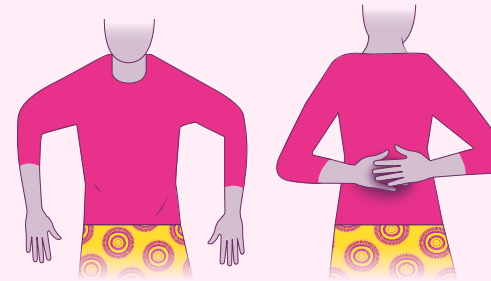
- Hands on shoulders, elbows out.
- Move elbows up and down.



Winging it

- Hands behind head, elbows in front.
- Move elbows out and in.

5



4 Back scratch

- Arms out, bend elbows.
- Reach up behind your back.

MORE ADVANCED EXERCISES (AFTER STITCHES REMOVED)

Lift arms above shoulder height.

Always start with warm-ups and basic exercises. Remember to always prioritise comfort and listen to your body during these exercises. If you experience pain, swelling, or infection, stop and consult your healthcare professional.



6

Wall exercises

Facing the wall

- Stand with feet shoulder-width apart, about a step away from the wall.
- Place both hands flat on the wall, aligned with your shoulders.
- Keep your head straight, eyes looking forward.
- Slowly slide or "walk" your hands up the wall, aiming to stretch without causing pain.
- Once you've reached your maximum comfortable height, hold the position and count to 10.
- Carefully slide your hands back down to the starting position.
- Each time you repeat, aim to reach a bit higher, challenging yourself gently.

