Day 1 post-op

BREATHING EXERCISES - do these hourly

- Take a deep breath in through your nose filling your lungs as fully as possible. Hold for 2-3 seconds, then relax the breath out. Repeat 3-4 times.

- Huffing – a short forced breath out can help to clear phlegm, and may cause you to cough, which will help to clear your lungs.

CIRCULATORY EXERCISES - do these 3-4 times a day until out of bed and mobile

Sitting up - pull your feet up towards you, bending your ankles, then push away. Repeat 10 times.

SHOULDER EXERCISES - to be performed in a sitting position 3 times a day

1. Hand on shoulder - lift elbow as far as is comfortable out to the side and bring back. Repeat 4 times.

2. Hand on shoulder - lift elbow as far as is comfortable forwards and then bring back. Repeat 4 times.

3. Bring your hand behind your head and ease your elbow gently back as far as is comfortable.

4. Take your hand behind your back and lift up as far as is comfortable.

The Physiotherapist will teach you to begin the following exercise in either

- 5 days post mastectomy/axillary clearance/wide local excision

- OR

- 2 weeks post mastectomy with Acellular Dermal Matrix or reconstruction with implant

SHOULDER EXERCISES

Stand facing a wall - “walk” your fingers up the wall as high as possible. Reverse down in the same way. Then stand sideways to the wall and repeat the same exercise. Repeat 5 times.
Lying on your back with elbows straight or sitting up - use one arm to lift the other arm up keeping it as close to the ear as possible. **Repeat 5 times.**

**General advice**
- Use your arm for light daily activities.
- Do not do any heavy lifting with the affected arm until the wounds are completely healed – check this at your clinic appointments.
- Gradually increase the activity and amount of weight you can lift as is comfortable.
- Avoid repetitive activities for the first 2 weeks

**Advice for patients having radiotherapy**
If you have radiotherapy, this may cause more stiffness around your neck and shoulder on the affected side.

**Continue the shoulder exercises that you have been shown and try the following neck exercises**

Sitting - bend your head backwards as far as is comfortable. **Repeat 5 times.**

Sitting - bend your head forward until you feel a stretch behind your neck. **Repeat 5 times.**

Sitting - tilt your head toward one shoulder until you feel the stretch on the opposite side. Repeat to the other side. **Repeat 5 times.**

Sitting - turn your head to one side until you feel a stretch. To the other side. **Repeat 5 times.**

**For further advice**
Please contact us at the following number if you have any queries, or need further physiotherapy advice - **(01392) 406507.**

If you have any concerns regarding your operation (e.g. pain, bleeding etc.), please contact Wynard Ward - **(01392) 406512.**
The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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