

Please Do Not

- Get overtired or lift heavy objects.
- Get discouraged. A happy outlook and confidence in your doctor will help you recover.
- Expect family and friends to continue to wait on you. As soon as you are able, try to help yourself.

Remember

A pulling sensation is quite common whilst doing exercises. If you experience pain, do not persist with the exercises; do them gently later on during the day. But in case of severe pain please stop exercises and contact your doctor.

Where can I get help?

If you have any queries or problems related to your health, please contact:

Shaukat Khanum Memorial Cancer Hospital & Research Centre.

Phone #: 0092-42-35905000
 Ext: 2199 (Breast Care Nurse Inpatient-1)
 5130 (Breast Care Nurse Outpatient Nursing)
 On Call Mobile # 0300-0800476
 Days: Monday – Friday
 Time: 8:00am - 5:00pm

Reference: Royal Marsden Hospital NHS Foundation Trust, London (2002)

MISSION STATEMENT

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.

POST MASTECTOMY EXERCISES



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 **Shaukat Khanum**
 Memorial Cancer Hospital
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Post Mastectomy Exercises

After breast surgery and radiotherapy treatment, most women may experience difficulty in arm movement, limited shoulder range of motion, and swelling of the arm. To prevent arm stiffness, it is important that a full range of movement is achieved as soon as possible.

Most people are allowed to start exercise the day after their operation or radiotherapy. This exercise leaflet has been prepared to prevent arm swelling and help your return to normal activities after surgery and radiotherapy.

You should start doing them only after approval from your doctor/physiotherapist.

You may experience pulling sensation in the arm, but these exercises will gradually help you to regain and maintain full arm movement and good circulation. Always continue these exercises and do three to four times during a day.

How often

It will be of benefit to carry out these exercises regularly. Each exercise 7 times; three times in a day or as advised by your doctor.

If possible, do exercises in front of a mirror to maintain the correct posture and motion.

General advice

Once you are home, it is important to try and use your arm as normally as possible, but avoid heavy lifting, carrying, pulling and pushing.

Exercises:

Hair Brushing Exercise

Exercise No 1

Keeping head upright, start combing or brushing from one side of your hair and whole head.



Scratch Your Back

Exercise No 2

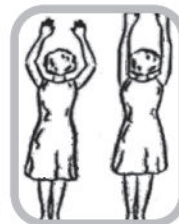
Stand and place your hand behind the neck. Now gradually and gently move your arm down your back and then up again.



Wall Reaching

Exercise No 3

Stand facing the wall and as close as possible to it. Moving both hands together, use your fingers to climb the wall. Try to achieve a full stretch with your arms close to your head and return to shoulders before repeating. Aim a little higher each day.



Elbow Circling

Exercise No 4

Sit comfortably on a stool. Bend elbows and place hands on your shoulders. Try to make circular movements with your elbows.



Back Drying

Exercise No 5

Stand erect and by using a towel or similar item with both hands (as shown in picture), perform a gentle, back drying movement.



Bean Bag Exercise

Exercise No 6

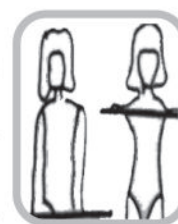
Stand erect and drop anything (ball) from right hand over right shoulder towards the left hand at the back. Repeat this activity with opposite side.



Lift the Stick

Exercise No 7

Stand erect; hold a stick/umbrella with both hands as shown in picture. Try gently to lift the stick upward at the level of shoulders. Slowly bring back down again & repeat.



Please Do

- See your doctor for regular follow-up visits.
- Be persistent with your exercises.
- Keep busy, go back to your normal activities as soon as you can such as hanging out the washing, washing, dusting, reaching into cabinets and brushing your hair.
- Use both arms during activities, just as you did before surgery or radiotherapy.
- Get all the rest your body needs.