

Physiotherapy Following Breast Surgery

Physiotherapy Department
Patient Information Leaflet



Physiotherapy Following Breast Surgery

Breast surgery can affect the movement of the shoulder and the shoulder girdle.

Following breast surgery you should exercise daily to prevent loss of movement. This should be done for at least 6 weeks following your surgery or until you regain full movement of the shoulder.

Once you have regained full range of movement, you can reduce the number of times you complete the exercises.

You may feel stiffness and a pulling sensation; this is normal. It may be uncomfortable, but should not be painful.

If you are having radiotherapy, the exercises in this leaflet will help you achieve the movement required for the procedure. You should practice them before and following your treatment to prevent restricted movement at the shoulder.

It is also important to try and maintain good neck and back postures after your surgery to help prevent postural problems later in life.

Exercises Day 1

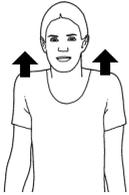
SAMPLE

These exercises should be completed the day following your surgery.



1. Pendula swings

Stand leaning on a table with one hand. Let your other arm hang relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction.



2. Shoulder shrugs

Sit or stand.
Lift your shoulders - relax.



3. Shoulder rolls

Sit or stand.
Roll the circles forwards and then backwards.



4. Shoulder flexion

Stand or sit.
Lift your arm forward assisting the movement with your other hand, observing the restriction to range of motion.

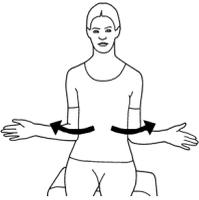
SAMPLE



5. Shoulder abduction

Stand or sit.

Lift your arm to the side, assisting the movement with your other hand, observing the restriction to range of motion.



6. Shoulder external rotation

Sit or stand. Keep upper arms close to the sides and elbows at right angles.

Turn forearms outwards.



7. Shoulder blade retraction

Sit or stand.

Tighten the muscles between your shoulder blades.

Repeat each exercise 5 times, as your pain allows. Practice 3 times a day.

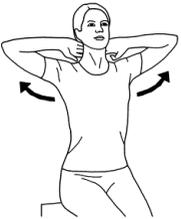
Exercises Day 2

These exercises should be completed with the **Day 1 exercises**, on the second day following your surgery.



1. Hand behind the back

Stand with arms behind your back and hold one hand.
Slide your hand up along your back.



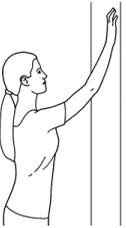
2. Hands behind the head

Sit or stand. Place your hands behind your neck, elbows pointing forward.
Move your elbows out to the side.

Repeat each exercise 5 times, as your pain allows. Practice 3 times a day.

Exercises Day 3-5

These exercises should be completed with **Day 1 and Day 2 exercises** once your drains have been removed, and completed for at least 6 weeks.



1. Wall walking

Stand facing a wall.
'Walk' your fingers up the wall as high as possible. Reverse down in the same way.



2. Hands behind the head in lying

Lying on your back with hands behind your neck and elbows pointing towards the ceiling.
Move elbows apart and down to touch

Repeat each exercise 5 times, as your pain allows. Practice 3 times a day.

Physiotherapy Following Breast Surgery

Following your surgery, you may return to your pre surgery activities once you have regained full range of motion at the shoulder and have been reviewed by your consultant.

Should you experience any problems in regaining your full movement, please inform your breast care nurse or consultant. If appropriate they will complete an outpatient physiotherapy referral for review at your local hospital.

Other sources of information:



Blackpool Victoria Hospital Physiotherapy Department:
Telephone: **01253 953512**



Hospital switchboard
Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**
or by email: **bfwh.patientrelations@nhs.net**

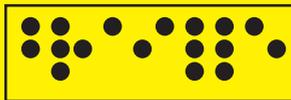


You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR



Further information is available on our website: **www.bfwh.nhs.uk**

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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