



## POST OP BREAST PROGRAMME



HAND PUMPING DAY 1 – 3

Open / close fingers

Repeat 10 times. Do up to 4 sets. Do exercises 2 x per day.

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WRIST PUMPING DAY 1 -3

FLAP WRIST UP / DOWN

Repeat 10 times. Do up to 4 sets. Do 2 x per day.

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WRIST PUMPING DAY 1 – 3

Fully EXTEND & FLEX your wrist.

Repeat 10 times. Do up to 4 sets. Do 2 x per day.



**WRIST SUPINATION / PRONATION DAY 1 – 3**

Turn your palm up and down rotating your forearm. To the ceiling and to the floor.

Repeat 10 times. Do up to 4 sets. Do exercises 2 x per day.



**ELBOW BENDING / STRAIGHTENING DAY 1 – 3**

Bend your elbow and then straighten your elbow.

Repeat 10 times. Do up to 4 sets. Do exercises 2 x per day.



**ELBOW CEILING TO FLOOR DAY 1 – 3**

Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm.

Repeat 10 times. Do up to 4 sets. Do exercises 2 x per day.



**SHOULDER PENDULARS DAY 3**

Stand leaning on a table with one hand.

Let your other arm hand relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction.

Repeat 10 times. Do 4 sets. Do 2 x per day.



SHOULDER PENDULARS

DAY 3

Stand leaning on a table with one hand.

Let your other arm hand relaxed straight down. Swing your arm to your left and then to your right.

Repeat 10 times. Do up to 4 sets. Do 2 x per day.



SHOULDER PENDULARS

DAY 3

Stand leaning on a table with one hand.

Let your other arm hand relaxed straight down. Swing your arm forwards and backwards.

Repeat 10 times. Do up to 4 sets. Do 2 x per day.



WALL CLIMBING

DAY 4

Stand facing a wall.

'Walk' your fingers up the wall as high as possible. Reverse down in the same way. NOW DO THIS SIDEWAYS ON AS WELL.

Allowed to 90 deg on day 4-7. From Day 7 go above 90 to DO full range.

Repeat 10 times. Do up to 4 sets. Do 2 x per day.



SHOULDER FLEXION TO 90 DEG DAY 4

Lying on your back, lift straight arm to 90 deg shoulder flex.

Straighten your arm towards the ceiling.

Repeat 10 times. Do 2 x per day.



SHOULDER FLEXION DAY 4 – 7

Lying on your back.

Bring your arm up and over your head keeping your arm close to your ear.

DAY 4 up to 90 deg.

DAY 7 above 90 deg.

Repeat 10 times. Do 4 sets of 5 reps. Do 2 x per day.



SHOULDER FLEXION ALTERNATE DAY 7 ONWARD

Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Repeat 10 times. Do 4 sets of 5. Do 2 x per day.