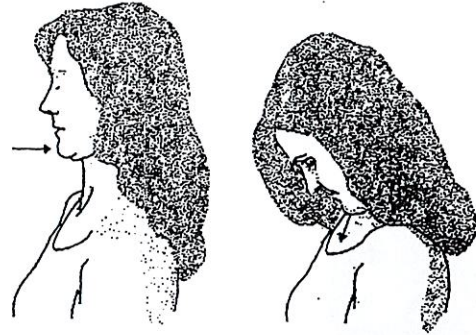


I. Drain In Place

1. Neck Exercises: (Sit on a supportive chair)

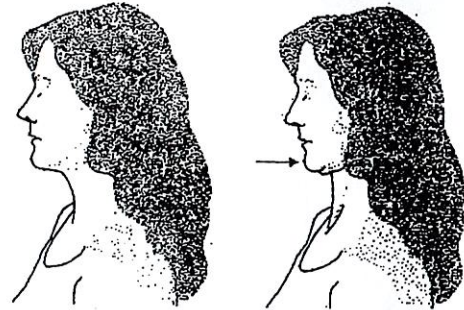
Chin to Chest:

Lower your chin toward your chest while keeping your chin tucked. Hold for 5 seconds. Return to the upright position. Repeat 5 times, 3 times per day.



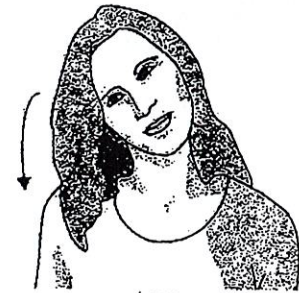
Chin Tuck:

Tuck your chin, gently flattening the back of your neck. Do not allow your head to tip up or down as you tuck. Hold for 5 seconds. Repeat 5 times, 3 times per day.



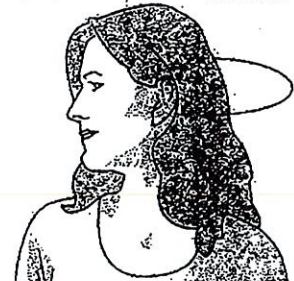
Ear to Shoulder:

Tilt your head toward your shoulder while continuing to look straight ahead. Keep your shoulders down as you move your head. Hold for 5 seconds and return to the starting position. Repeat 5 times to each side, 3 times per day.



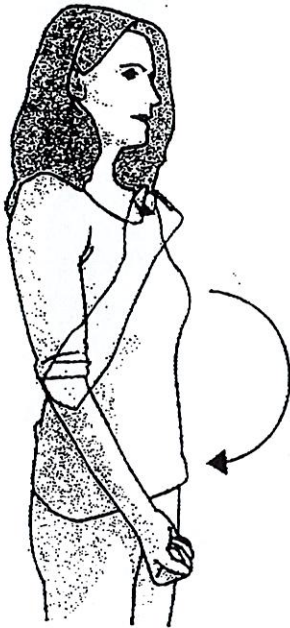
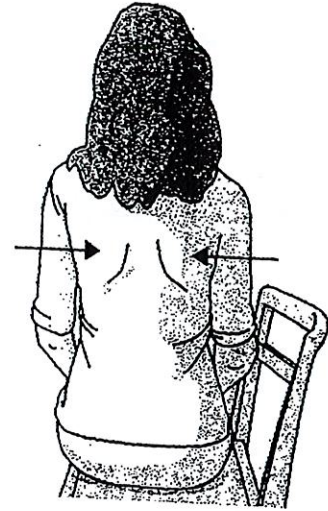
Neck Rotation:

Turn your head to one side without turning your shoulders. Hold 5 seconds. Repeat 5 times to each side; 3 times per day.



2. Shoulder Blade Squeezes:

Sitting or Standing: Pull your shoulders backwards while taking deep breaths in and out. Repeat 5 times, 3 times per day.



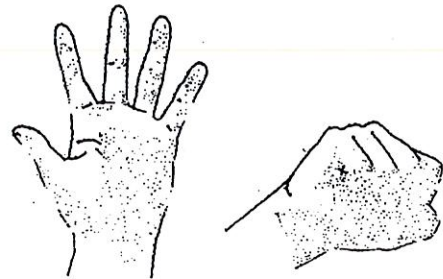
3. Elbow Curls:

With your arm straight and palm facing forward, bend your elbow bringing your hand to your shoulder. Hold 5 seconds. Then straighten your elbow. Repeat 10, 3 times per day.

*When your incision has healed, hold a small weight (e.g., soup can, hammer) while you do this exercise. Increase the weight by 1-2 lbs when the exercise becomes easy.

4. Hand and Finger Movements:

Squeeze a wash cloth, sponge or soft ball for short periods (20 repetitions, 3 times per day) to maintain finger flexibility and improve circulation.

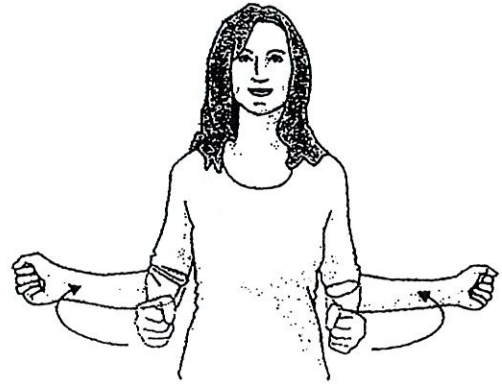


II. Following drain removal and up until 6 weeks after surgery:

- Continue the previous exercises as needed. You should be able to reduce the number of repetitions to maintain these movements.

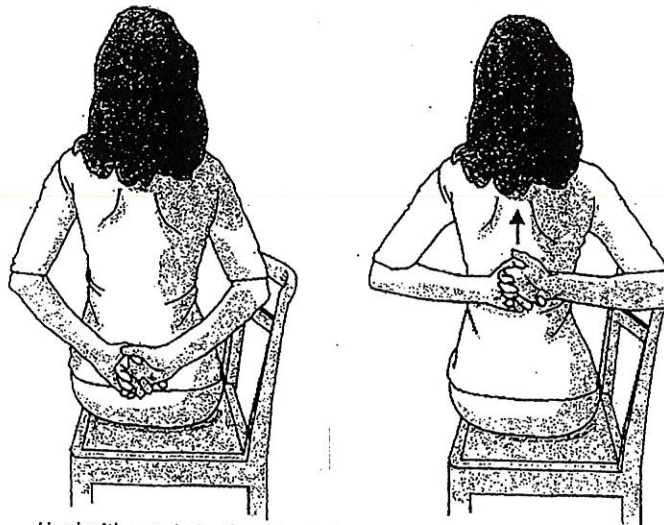
1. Open Arms:

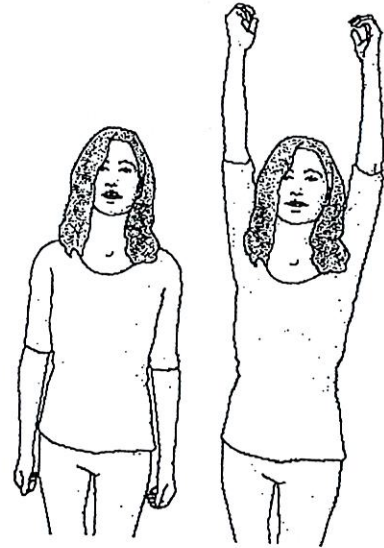
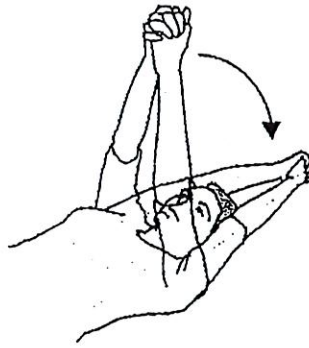
Begin with your arms crossed in front of your chest. While keeping your elbows at your side, roll your arms out. Hold at your limit for 5 seconds. Return to the starting position. Repeat 5 times, 3 times per day.



2. Behind the back exercise:

While sitting tall, interlace your fingers behind your back (or bring them as close together as possible). Slide your hands toward your head while keeping your shoulders back. Hold 5 seconds, then lower. Repeat 5 times, 3 times per day.



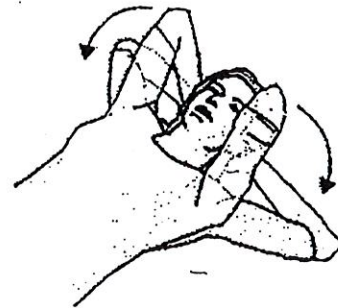


3. Overhead Exercise:

Lying, sitting, or standing: Start with hands on chest, fingers clasped. Lift your hands above your head, straightening your elbows as you reach up. Reach overhead as far as comfortable. Hold for 5 seconds. Bend your elbows as you return to the starting position. Repeat 5 times, 3 times per day.

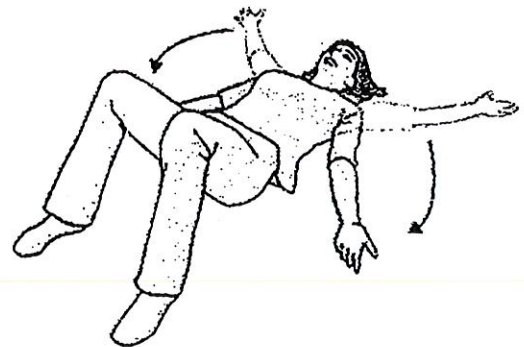
4. Elbow Press:

Lie with your hands behind your head. Press your elbows down toward the bed until you feel a comfortable stretch across your chest. Hold 5 seconds. Repeat 5 times, 3 times per day.



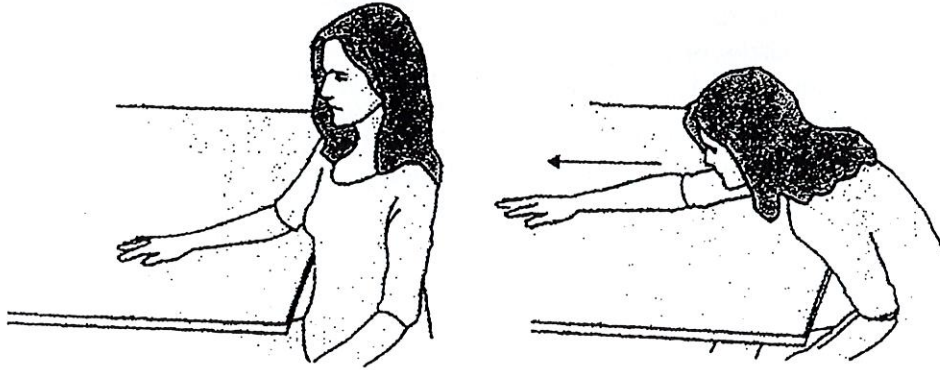
5. Snow Angel:

Lie with your arms by your sides, palms turned up, knees bent. Slide your hands along the bed (or floor) away from your sides and above shoulder height as far as possible. You should feel pulling, not pain, across the front of your shoulder and/or chest. Hold 5 seconds, then return your hands along the bed to your sides. Repeat 5 times, 3 times per day.



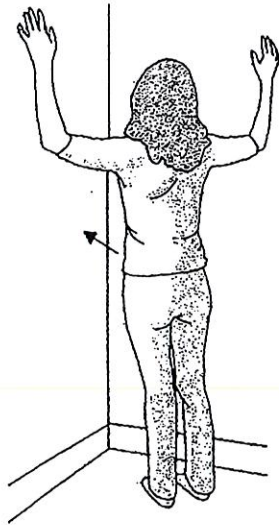
6. Table Slides:

Seated at a table, place the hand on the surgery side, palm down on the table. Slowly slide the hand forwards on the table so that your body moves towards the table. Only slide forwards as far as is comfortable, do not push through pain. Hold the stretch for 10 seconds. Return slowly to the upright position. Repeat 5-10 times.



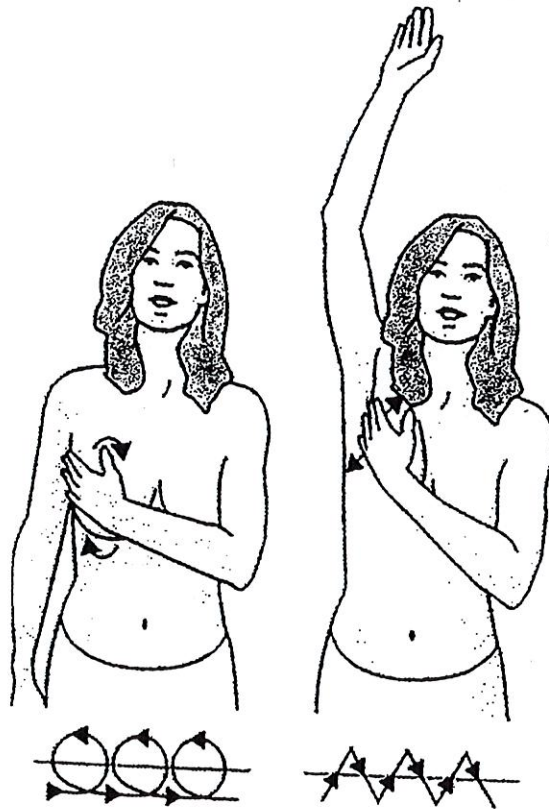
7. Corner Stretch/Doorway Climb:

Stand in a wall corner or at a doorway with both hands on the door frame, palms facing forward. Walk your fingers up the frame above your head without arching your back. Hold 5 seconds, then walk your fingers down to shoulder height. Repeat 5 times, 3 times per day.



8. Skin Stretch:

When the incision(s) have closed (2-6 weeks) you can start to loosen the skin over the chest wall and under your arm through massage. Place your index finger above the incision and middle finger below the incision. Press the skin against your ribs and move the skin in a circular motion (similar to breast self-examination). Make 5 circles or 5 up and down strokes, then move along and repeat until you have massaged around the entire healed incision(s). This stretch is more comfortable when the skin is warm, e.g. after a shower. Avoid using lotion while doing the skin stretch as you need traction to move the skin. You can also massage further away from the scar if other areas seem stuck down.



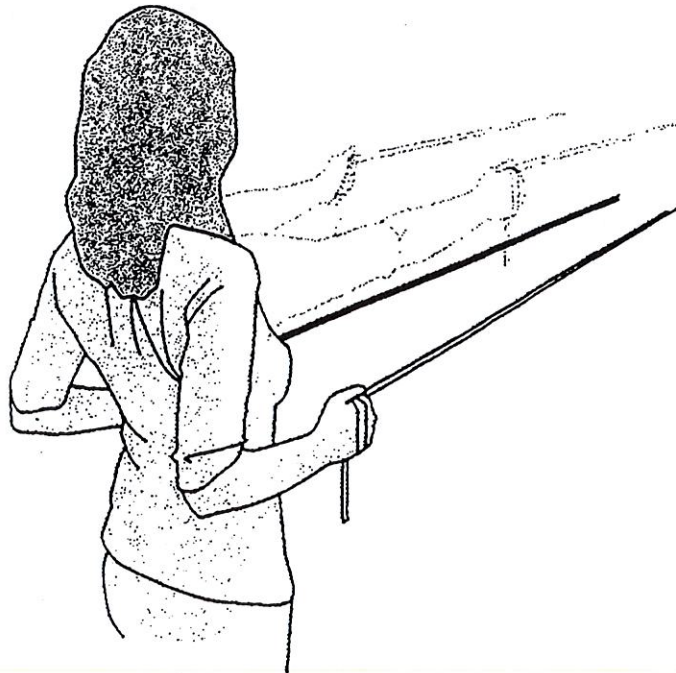
III. After 6 Weeks

You can begin this series of strengthening exercises when your incision is healed and you have full shoulder movement. You will be given theraband (elastic band) to use for the next set of exercises. Start with 5 repetitions (1 set) of each exercise. Rest 30-60 seconds between sets. Progress to 6 sets of 5 repetitions each day. This may take a few weeks to achieve. To increase the resistance, you can shorten the theraband or purchase stronger theraband.

1. Rowing:

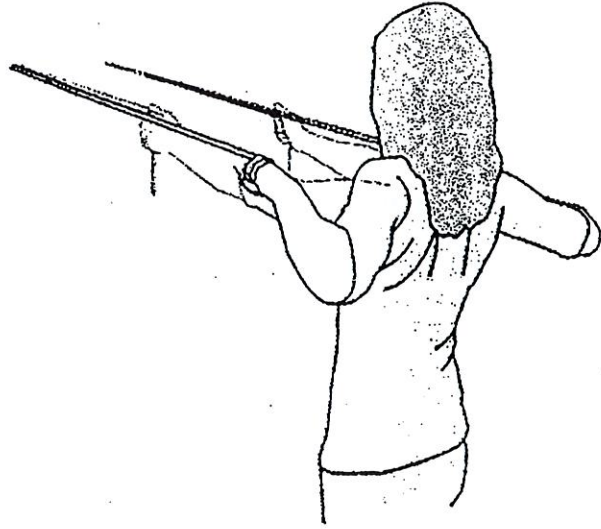
a) Elbows Low:

Secure the band in a door or around a pole, above shoulder height. Stand or sit with corrected posture. Squeeze your shoulder blades together while you pull your elbows down toward your hips. Hold 5 seconds then return slowly to the starting position. Repeat 5 times. Build up to 6 sets of 5 repetitions.



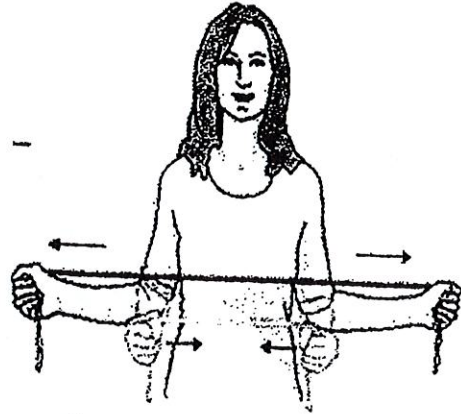
b) Elbows High:

Repeat as in exercise 1a) with elbows at about shoulder height throughout the exercise. Hold 5 seconds then slowly return to the starting position. Repeat 5 times. Build up to 6 sets of 5 repetitions. If you have pain in either shoulder during this exercise, lower your elbows.



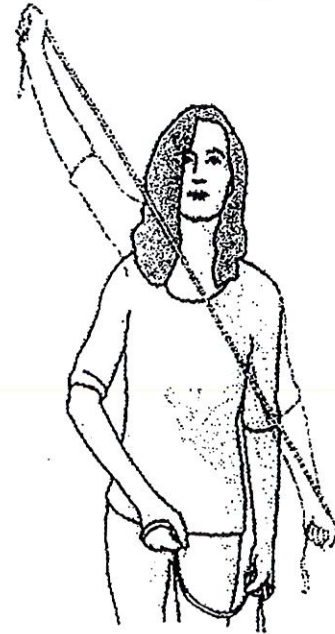
2. Open Arms:

Hold on end of the band securely in each hand. Keep your elbows by your sides. Pull the band out as far as you can with both hands. Hold 5 seconds. Slowly return to the starting position. Repeat 5 times. Build up to 6 sets of 5 repetitions.



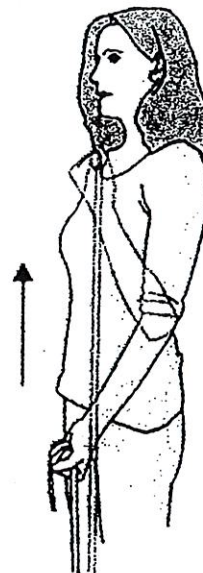
3. Hitchhiker:

Hold one end of the band securely in each hand. Lift your right hand up and out while you push your left hand down and away from your side. Hold 5 seconds. Slowly return to the starting position. Repeat 5 times. Repeat with the right hand moving down and the left hand moving up. Build up to 6 sets of 5 repetitions.



4. Elbow Curls:

Secure one end of the band by standing on it. Hold the other end in your hand. Keep your elbow by your side while you bring your hand toward your chest. Hold 5 seconds. Slowly return to the starting position. Repeat 5 times. Build up to 6 sets of 5 repetitions. When you have finished, let the band become slack before removing your foot to avoid injury.



5. Wall Push-Ups:

Stand 2 to 3 feet away from the wall with your feet shoulder width apart. Place your hands at shoulder height on the wall (approximately shoulder width apart). Lean toward the wall by slowly bending your elbows. You will feel your weight shift from your heels to your toes. Let your heels lift off the floor. "Push-up" by straightening your elbows and shifting your weight from your toes back to your heels. Try not to poke your chin, or bend at your waist as you do this exercise. Repeat 5 times. Build up to 6 sets of 5 repetitions.

