

Physiotherapy after Mastectomy/ Axillary Dissection/Wide Local Excision

Day 1 post-op

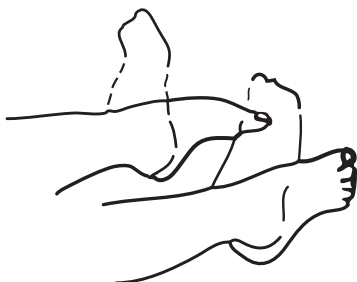
BREATHING EXERCISES - do these hourly

- 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

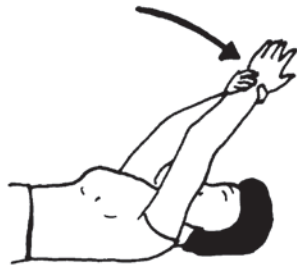
- **5 days post** mastectomy/axillary clearance/ wide local excision
- OR
- **2 weeks** post mastectomy **with** Acellular Dermal Matrix or reconstruction with implant

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.**



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

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**.



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.**

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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