



Physiotherapy department

Arm exercises for patients following surgery to the shoulder and chest wall

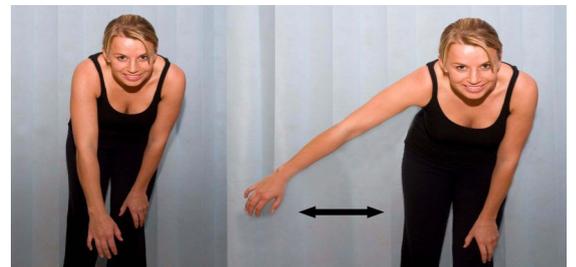
Begin gentle exercises when advised by the surgeon and/or your physiotherapist and increase them each day. You will gradually be able to do more of your own activities such as combing your hair and brushing your teeth, but be cautious about exercising the shoulder during the first few weeks. The exercises should not be painful. Depending on your surgery, some of the exercises may be modified for you.

Set A: to be performed three times a day

- Correct your posture in front of a mirror.
Try and hold your head upright, keeping shoulders level and held back.
- Shrug your shoulders up and down.
Try and keep them level with one another.



- Lean forward.
Swing your arm across your body and out to the side.
Lift your arm up and away from your trunk when you swing out to the side.



- 'Stirring the pot': Lean forward.
Make a circle with the affected arm clockwise and then anti-clockwise.
Make sure you move your arm from the shoulder.
Increase the circle each day.



- Place hands on shoulder.
Circle your elbows by bringing them forwards first and then backwards.
Increase the size of the circle daily.



- Clasp your hands together.
Lift your hands above your head within the limits of pain. For the first seven days do not raise your arm above shoulder level.



- Clasp your hands together behind the small of your back.
Gently lift your hands away from your back.
Lower.



- Stretch your arms behind your back.
Bend your elbows and reach up your back as far as pain will allow.



Repeat each exercise **four times** each session to start off with.

Gradually increase to **ten times** each session.

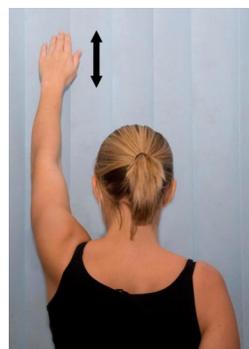
All exercises should be within the limits of pain, but try to increase the range of movement each day.

Set B:

After 7 days:

Do Set A exercises and then start to lift your arm above shoulder level.

- 'Crawling up the wall':
Face the wall.
Crawl the fingers of the affected arm up the wall within the limits of any pain.
Try and increase the height reached each day until eventually your affected arm is level with the unaffected one.



- Hands clasped behind neck, and keeping head straight, stretch elbows out to side.



Do each exercise until **full** shoulder movement is regained. If after six weeks you have still not regained your full shoulder movement, please contact the physiotherapy department on **0161 446 3795**.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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