



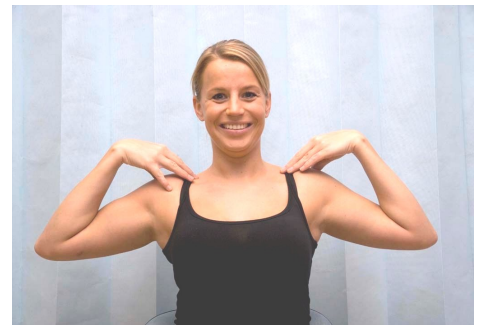
The physiotherapy department
**Exercises for patients having radiotherapy or surgery
to the breast, shoulder and armpit**

Your shoulder can become stiff as a result of treatment. Doing these exercises will help prevent or minimise stiffness and discomfort.

Shoulder Joint: maintaining your range of movement

SET A: Warm up exercises These exercises should be performed sitting.

1. Hand on shoulder: lift elbow out to side and down.



2. Hand on shoulder: lift elbow forwards and down.



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



4. Hand behind back: reach up back as far as possible.

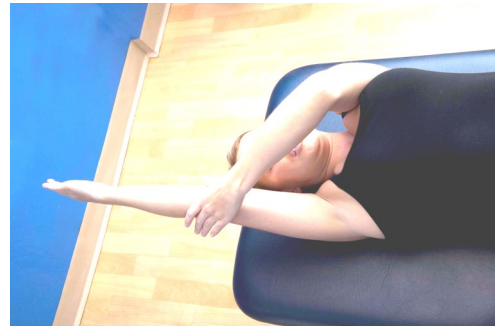


- Repeat each exercise **five** times.
- Repeat each set 3 times a day before performing main stretching exercises on the next page

SET B: Stretching exercises These exercises should be performed lying down.

1. Arm by side:

lift arm forwards above head, keeping elbow straight. Give a gentle push with the other arm to gain extra movement.



2. Arm by side:

lift arm out to side and continue upwards towards head.



3. Hands behind neck:

lower elbows until they reach the bed.



- For each exercise **hold position for a count of 20.**
- Repeat each exercise **ten** times.
- Repeat each set 3 times a day until 8 weeks after the completion of radiotherapy.

If, after 8 weeks you experience pain, stiffness and / or swelling in your hand or arm please contact the physiotherapy department for advice:

Tel: 0161 446 3795