



Physiotherapy department

Exercise classes for people having axillary node clearance

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

It is important to come to ONE class at around 6 weeks following your surgery. You will be shown how to do the exercises correctly and then be asked to practise them at home. We will also give you some advice on how to reduce the risk of developing lymphoedema (swelling of the arm).

Where is the class held?	Rehabilitation unit
What time is the class?	Tuesday 11.00 am Thursday 1.00 pm
How long does a class last?	One hour

Space in the class is limited so please telephone the rehabilitation unit on 0161 446 3795 to book a place

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