

## **INFORMATION FOR PATIENTS ABOUT SHOULDER EXERCISES POST BREAST SURGERY**

Please follow the instructions in the exercise booklet and patient information leaflet and any further guidance you may have been given by your physiotherapist.

The operated arm needs to be kept below shoulder level for 1 week if you have had: a mastectomy, Axillary node clearance, wide local excision, Sentinel Lymph node biopsy or LICAP / AICAP, flap reconstruction.

If your drains are still in place after a week please keep to the basic level exercises until the drains have been removed. Once the drains have been removed and it is after 1 week you can progress to the more advanced exercises gently.

Exercises can be started on the first day following your surgery and to be repeated with 5-10 repetitions each exercise x 3 daily. Please do not push into pain, however a stretching or pulling sensation is normal and the exercises should be progressed gently.

Following breast reconstruction with implants or an expander implant- you can start lifting your arm above shoulder level in a forward's movement after 1 week, however please keep your arm below shoulder level sideways and start the more advanced exercise for sideways movements after 3 weeks.

Following Latissimus Dorsi muscle reconstruction surgery please keep your arm below shoulder level in all directions and complete the basic level exercises for the first 4 weeks. After 4 weeks you can progress to the more advanced exercises.

**If you require a paper version of the exercise booklet or patient information leaflet, please contact the women's and men's health physiotherapy department or your McMillian nurse.**

Video link for the shoulder exercises- [SHOULDER MOBILITY - YouTube](#)

Any concerns please contact:  
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