

# Upper Extremity Rehabilitation Exercises After Breast Cancer Treatment

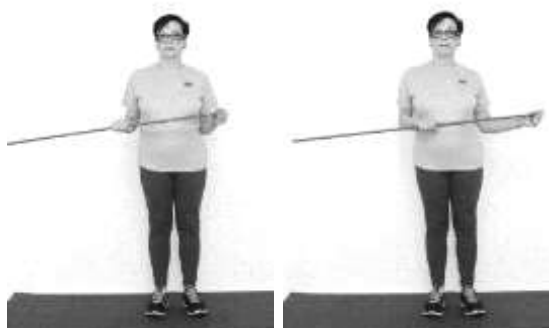
These exercises help to regain the mobility in your affected arm, which is on the side of your breast treatment. **These exercises should be reviewed with a physiotherapist.**

## Shoulder internal rotation



1. Stand with towel as shown with *affected arm* behind back
  2. Stretch the arm up behind your back by pulling upward on the towel with the other hand for assistance
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

## Shoulder external rotation



1. Stand with elbows bent to 90 degrees, holding stick in front of you
  2. Using stick for assistance, rotate your *affected arm* out away from your body
  3. Do not allow your upper arm to move away from your body
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

## Shoulder extension



1. Stand up straight with your shoulders back and back straight
  2. Clasp your hands behind your back
  3. Turn your palms around to face the floor and raise your hands away from your back until you feel a gentle stretch across your chest and in front of your shoulders
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day
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### Pectoral/chest wall stretch A



1. Stand up next to a wall
  2. Place your *affected arm* along the wall so that your elbow is **in line with** your shoulder, as shown in image
  3. Rotate your body away from your raised arm until you feel a stretch across your chest
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

### Pectoral/chest wall stretch B



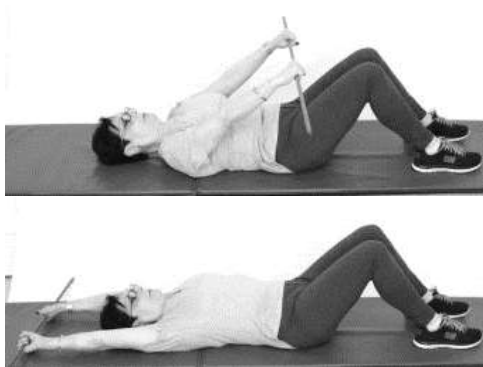
1. Stand up next to a wall
  2. Place your *affected arm* along the wall so that your elbow **higher than** your shoulder, as shown in image
  3. Rotate your body away from your raised arm until you feel a stretch across your lower chest
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

### Shoulder flexion/tricep stretch



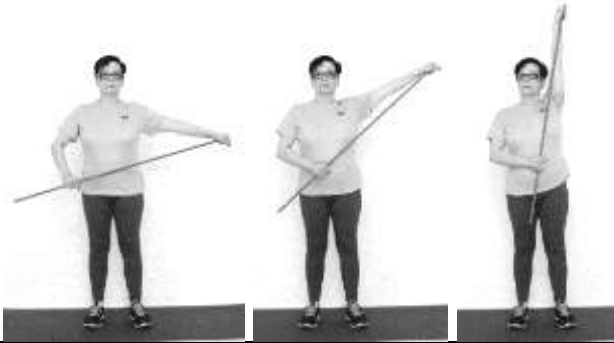
1. Stand holding elbow of your *affected arm* with other hand, as shown
  2. Pull elbow behind and toward your head so that you feel a stretch
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

### Shoulder flexion



1. Lie on back with knees bent as shown, holding stick with both hands shoulder width apart
  2. Raise both hands overhead slowly, so that you feel a stretch
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

### Shoulder abduction



1. Stand holding stick as shown with your *affected arm* out to side
2. With the stick, use your opposite arm to push your *affected arm* away from your body
3. Slowly return to the starting position

- \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)  
\_\_\_\_\_ time(s) a day

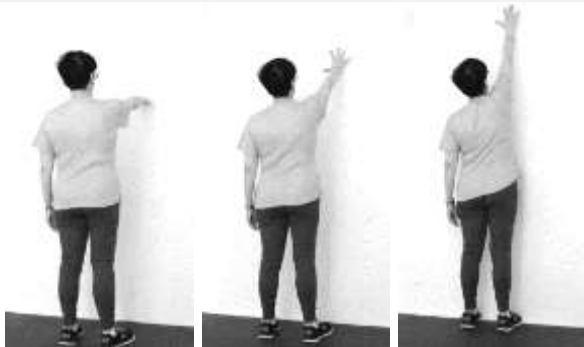
### Shoulder abduction



1. Stand beside a wall with *affected arm*, as shown
2. Slowly “walk” or “crawl” your fingers up the wall, so that you feel a stretch
3. As your fingers go higher, keep your arm straight and move your body closer to the wall

- \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)  
\_\_\_\_\_ time(s) a day

### Shoulder flexion



1. Stand facing a wall with *affected arm*, as shown
2. Slowly “walk” or “crawl” your fingers up the wall, so that you feel a stretch
3. As your fingers go higher, keep your arm straight and move your body closer to the wall

- \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)  
\_\_\_\_\_ time(s) a day

### Scapular retraction



1. Stand with arms at sides as shown
2. Pull your shoulder blades together slightly and try to push shoulder blades down

- Hold \_\_\_\_\_ seconds
- \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)  
\_\_\_\_\_ time(s) a day

## Shoulder external rotation



1. Stand straight with your legs comfortably apart and chin tucked in
  2. Raise both arms and clasp your hands behind your head
  3. Push your elbows back as much as you can to feel a stretch
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

## Shoulder flexion/abduction



1. Clasp hands in front as shown
  2. Slowly move arms upward
  3. Progress until your arms are straight above your head
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

## Shoulder abduction (supine)



1. Lie on your back with knees bent and shoulder width apart
  2. With palms of hands facing up, slowly glide arms towards the ears, until hands touch
- Hold \_\_\_\_\_ seconds
  - \_\_\_\_\_ repetition(s), \_\_\_\_\_ set(s)
  - \_\_\_\_\_ time(s) a day

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse, physiotherapist, or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.