

Pectoral Stretches After Breast Surgery

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The pectoral muscles are the large muscles on the front of your chest from your breastbone to your shoulders. Use this information to help you stretch your pectoral muscles as you were instructed by your doctor.

Flexion Over Head (Figure 1)

1. Lie on your back on a firm, flat surface. Bend your knees so your feet are flat on the surface.
2. Start with your arms at your side. With your palms facing inward, lift your arms until they are straight above you.
3. Slowly bring your straight arm over your head until your hands are on or near the surface. Your fingers should point away from you.
4. Hold for 10 seconds.
5. Return to the starting positions.
 - > Do this stretchtime(s) a day, day(s) a week.
 - > Do this stretch with a wand if advised by your doctor.

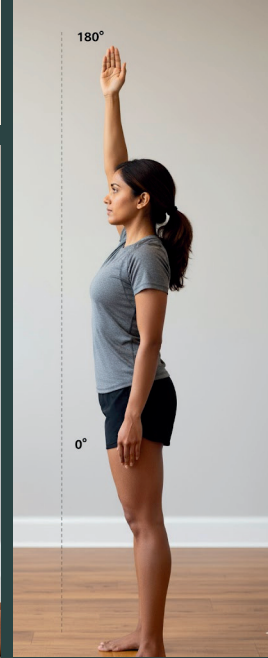
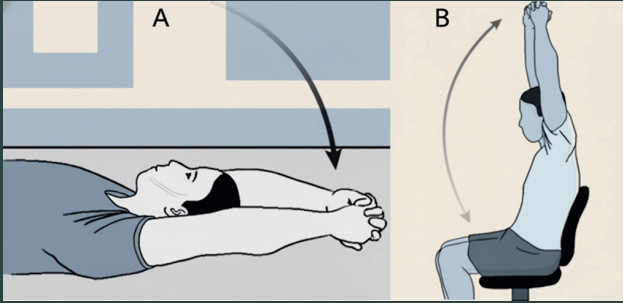


Figure 1. Flexion Over Head: Flexion Using a Wand

Snow Angel Using Pillows (Figure 2)

- Place pillows at the angles shown in figure 2 on a firm, flat surface. The pillows can help you relax into the stretch. Use pillows that are as thick as you need for a comfortable stretch.

- Lie on your back. Bend your knees so your feet are flat on the surface.
- Start with your arms over you and your hands together.
- Slowly bring your straight arms down to degrees to rest on the pillows. Your palms should face upward.
- Hold for 10 seconds.
- Return your arms to the starting position.
- Move the pillows to degrees and do steps 2 to 6. Continue to do this at degrees as instructed by your doctor. 160° / 120° / 90° / 70° (degrees).
* Do this stretch.....time(s) a day, day(s) a week.



Figure 2. Snow Angle Using Pillows / Optional Pectoral Stretch

Lying Pectoral Stretch with Hands Under Head (Figure 3)

- Lie on your back on a firm, flat surface such as a floor or bed. Bend your knees so your feet are flat on the surface.
- Bend your arms at your elbows and place your hands under your head.
- Gently push your elbows toward the surface.
- Hold for 10 seconds.
- Return to the starting position.

* Do this stretch.....time(s) a day, day(s) a week.

* If this stretch is difficult to do, rest your hands on top of your head instead of under your head.



Figure 3. Lying Pectoral Stretch with Hands Under Head

Side Lying Arm Circle (Figure 4)

- Lie on your side on a firm, flat surface such as a floor or bed with your knees bent comfortably. Rest your head on a pillow.
- Bring your arms straight in front of you (Figure 4A).
- Keeping your arm straight, bring it to your other side as if you are opening a book (Figure 4B).
- Keeping your arms straight, bring it over your head as if you are drawing a rainbow (Figure 4C).
- Return to the starting position.

* Do this stretch..... time(s) a day, day(s) a week.

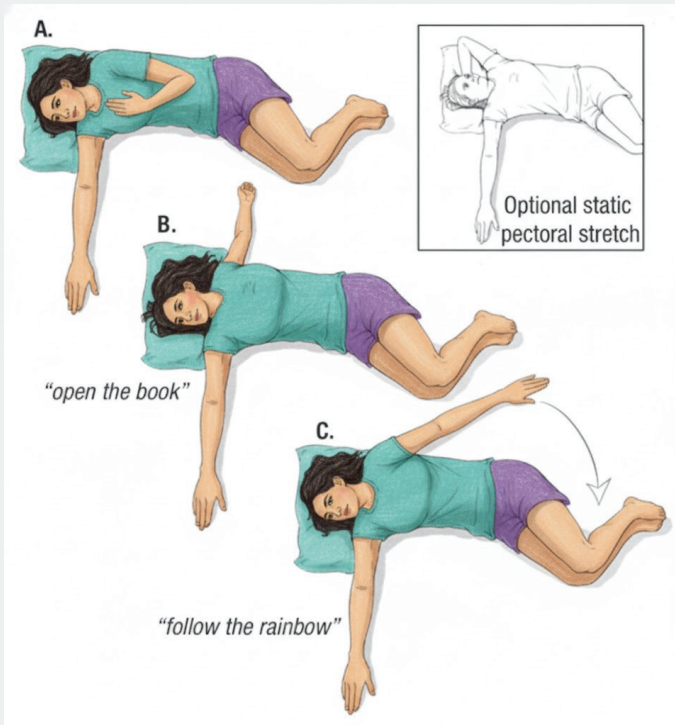


Figure 4: Side lying arm circle

Modified Child's Pose (Figure 5)

- Sit on a chair at a table with your arms straight in front of you on the table. A chair with wheels works best.
 - Slowly move the chair backward as you stretch your head and upper body forward.
 - Hold for 10 seconds.
 - Return to the starting position
- * Do this stretch..... time(s) a day, day(s) a week.

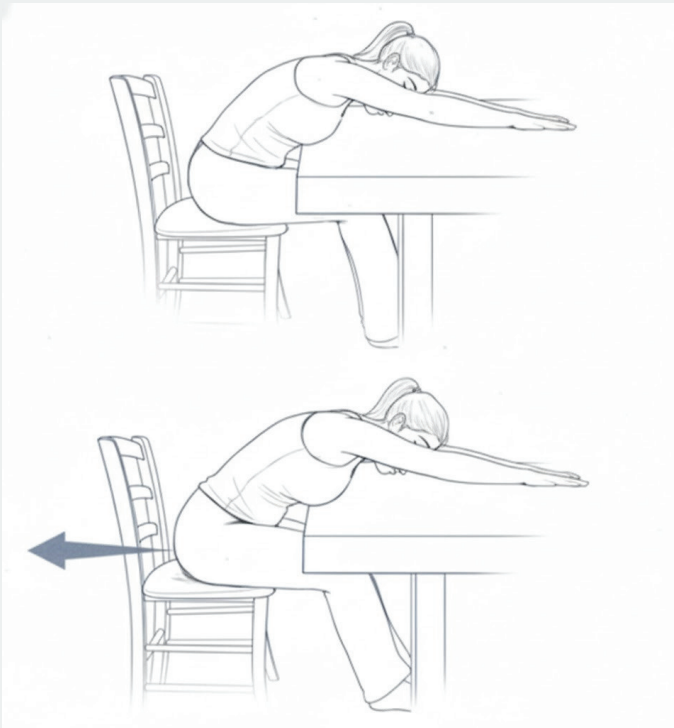


Figure 5. Modified child's pose

Do each stretching exercise slowly and gently as you were shown by your doctor. An exercise should not cause new or increased pain. If it does, stop doing the exercise and contact your doctor.

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