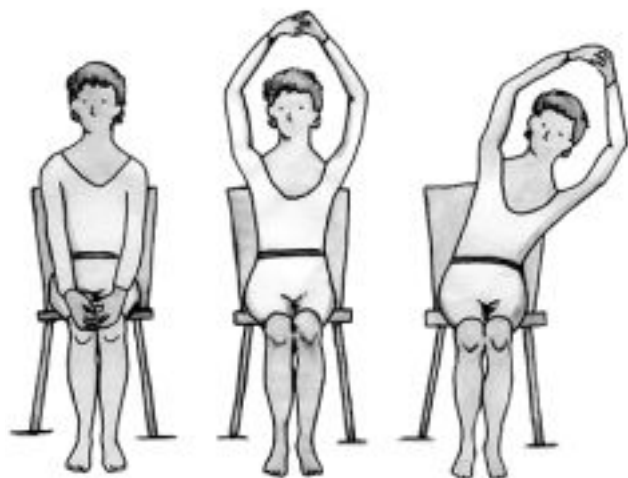




The Surgical Institute
at True North

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Breast Exercises



1. Sit in a chair and clasp your hands together in front of you. Lift your arms slowly over your head, straightening your arms. When your arms are over your head, bend your trunk to the right keeping your arms overhead. Return to the starting position and bend to the left. Repeat 5 to 7 times.

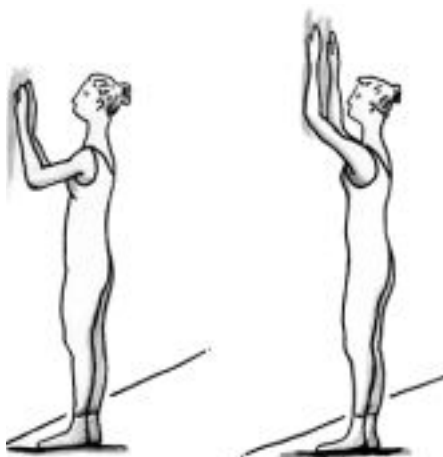
2. Stand facing a corner with your toes 8-10 inches from the corner. Bend your elbows and put your forearms on the wall, one on each side of the corner. Keep your arms and feet in place and move your chest toward the corner. You will feel a stretch across your chest and shoulders. Repeat 5 to 7 times.



3. Sit in a chair close to a table with your back against the back of the chair. Place the unaffected arm on the table with your elbow bent and palm down. Do not move this arm. Place the affected arm on the table, palm down, with your elbow straight. Without moving your trunk, slide the affected arm forward, toward the opposite side of the table. Repeat 5 to 7 times.

4. Elbow Winging

Clasp your hands behind your neck with your elbows pointing toward the ceiling. Move your elbows apart and down toward the bed or floor. Repeat 5 to 7 times.



5. Stand facing the wall with your toes about 8-10 inches from the wall. Put your hands on the wall. Use your fingers to “climb the wall,” reaching as high as you can until you feel a stretch. Return to the starting position and repeat 5 to 7 times.

6. Sit in a chair in front of a mirror face straight ahead. Do not rest against the back of the chair, your arms should be at your sides with your elbows bent. Squeeze your shoulder blades together, bringing your elbows behind you toward your spine. Elbows will move with you, but don't force the motion with your elbows. Keep your shoulders level, do not lift your shoulders up toward your ears. Repeat 5-7 times.

