



POST-MASTECTOMY STRETCHING GUIDE

After Drains

These stretches are for after a mastectomy once your drains have been removed. Complete each 3 x per day. All should be executed until you feel a gentle stretch, with no pain.

Please consult your doctor before beginning any exercise program, including stretches.

Wall Climbs



Stand facing a wall and place fingers on wall at eye level. Slowly walk fingers up the wall until you feel a gentle stretch. Hold that position for 10 seconds. Repeat.

Wall Climbs Side



Stand with one shoulder towards the wall and place your fingertips on the wall at eye level. Slowly walk up the wall until you feel a stretch. Hold position for 10 seconds.



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Pec Minor Stretch



Lie on your back with knees bent and arms at your sides. Place your hands beneath your hips and slowly move hands up towards your hips keeping your elbows pressed to the ground. Start with elbows nearly straight and continue to move your hands up your sides until you feel a gentle stretch.

Hold for 30-60 seconds.

Elbow Wings



Lie on your back with knees bent and fingertips at your ears. Start with your elbows pointed to the ceiling. Move your elbows apart until you feel a gentle stretch. Hold for 5-10 seconds and then slowly return to the start position.

Repeat 5-10 times.



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Stick Rainbows



Use a lightweight stick (broomstick, pvc tube). Lie on your back and hold the stick above your chest with straight arms. Slowly lower the stick above your head towards the ground. Keep your arms straight and lower back pushed to the ground throughout the movement. Only lower the stick until you feel a gentle stretch. Pause for 1-2 seconds, return to start position. Repeat 10-15 times

Stick Holds



Similar to stick rainbows, except you will hold the stretch position for 10 seconds at a time



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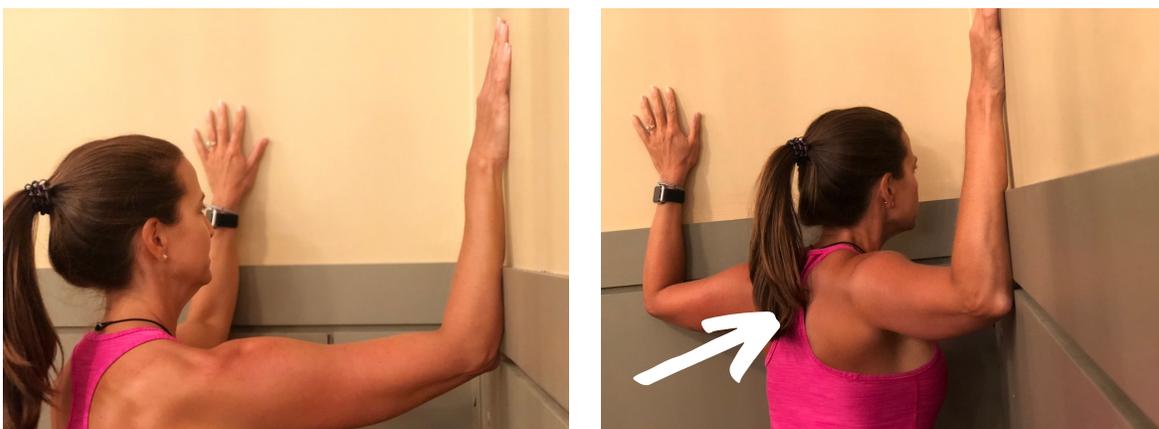
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Goal Post Doorway - Single Arm



Stand in an open doorway and raise one arm so your hand, forearm and elbow are in contact with the edge. Start with arm lower on the wall and work to eventually get your elbow to shoulder height. Slowly push your body forward until you feel a gentle stretch through your chest and shoulder. Hold position for 20-30 seconds. Repeat on other side.

Goal Post Corner



Stand facing a corner and raise your arms into a goal post position. With your hands, forearms and elbows touching the walls, gently press your face and chest towards the corner. Hold for 20-30 seconds. Repeat 3 times.



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Shoulder Flexion



Lie on your back, bend your knees and keep your lower back pushed to the ground throughout the movement. Keep arms straight and lower one at a time as low as you can without arching your back or bending your elbows. Return to start and repeat with other arm. Make it a slow and controlled movement.

Clasped Hands Extension



Stand tall and clasp your hands behind your back. Slowly reach your hands down towards the ground and work to straighten your arms. Hold the stretch for 10-20 seconds, repeat 3-5 times