

Post-OP Cancer Exercises



****Please start exercises as per your physician guidelines and instructions****

Purpose: These exercises are to maintain current range of motion and to prevent shoulder stiffness. They are NOT for preventing lymphedema.

CODMANS



While standing, bend at the hips so your back is parallel to the floor. Hold on to a table or chair with the uninvolved arm to maintain balance. Rock the body causing the involved arm to gently swing.

Perform: ____ x clockwise; ____ x counter-clockwise.
Perform: front-to-back; side-to-side.

Repeat 10 times
Perform 2 time(s) a day

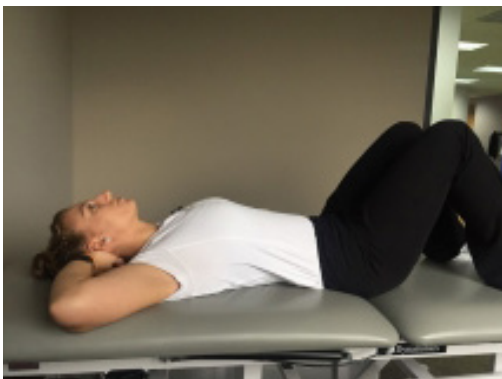
WALL WALK FLEXION



Standing facing the wall, place forearm on the wall and support involved arm with your other hand. Walk your arm up the wall as shown in picture.

Repeat 10 times
Hold 3 seconds
Complete 1 set
Perform 2 time(s) a day

RETRACTION IN EXTERNAL ROTATION



With fingers clasped behind head, pull elbows back while pinching shoulder blades together. To break, close your elbows. This exercise can be done on a bed.

Repeat 10 times
Hold 3 seconds
Complete 1 set
Perform 2 time(s) a day

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INTERNAL ROTATION TOWEL STRETCH-IR TOWEL



Gently pull up your affected arm behind your back with the assist of a towel. Hold this as a stretch, then lower back down and repeat.

Repeat 10 times
Hold 3 seconds
Complete 1 set
Perform 2 time(s) a day

WALL WALK ABDUCTION



Standing with the wall on your involved side, place forearm on the wall. Walk your arm up the wall as shown in picture.

Repeat 10 times
Hold 3 seconds
Complete 1 set
Perform 2 time(s) a day