



Queen Victoria Hospital
NHS Foundation Trust

Post-operative Exercises - TUG



These exercises should be started following your breast surgery. Breast surgery is complex surgery and can affect the shoulder joint, arm, and thigh muscles. Post-operative physiotherapy exercises can help prevent problems such as pain, reduced movement and reduced strength.

For the first 4 weeks, you should keep your knees together (imagine you are wearing a pencil skirt) and avoid bending your hip beyond 90 degrees so the donor site isn't stretched.

Do not do any lifting and vacuuming for up to six weeks post-operatively, possibly longer if your wound takes longer to heal.

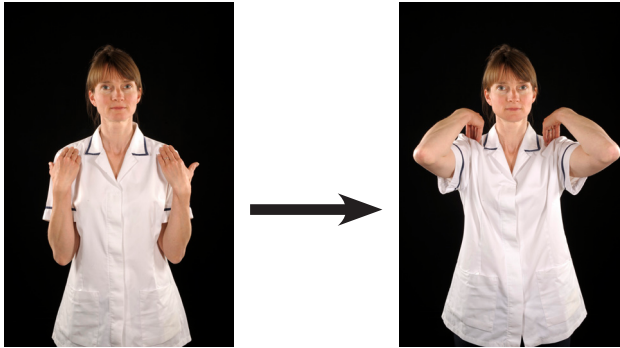
You may be able to resume driving between four and six weeks after your surgery, depending on your progress and ability to control the car. It is important that you permission from your consultant and inform your insurance company of your surgery before you start to drive again. You should normally be able to resume playing sports from about eight weeks after your surgery.

The following exercises should be performed three times a day for the first six weeks following your surgery:

Day 1

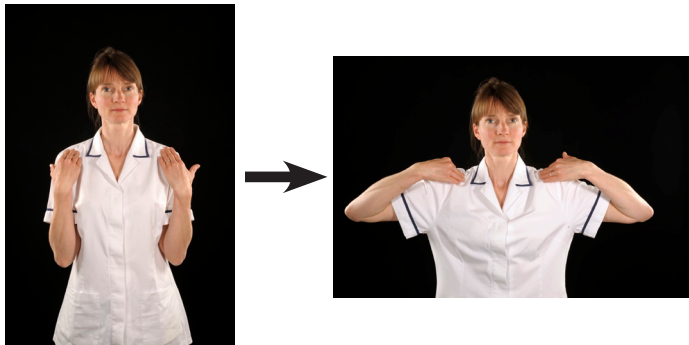
Short Lever Flexion

- Bend your elbows and rest your hands lightly on your shoulders.
- Raise both your arms out in front of you so they are at right angles to your body; do not lift elbows above the height of your shoulders
- Slowly lower down to your side.
- **Repeat 5-10 times.**



Short Lever Abduction

- Bend your elbows and rest your hands lightly on your shoulders.
- Raise both your arms out to the side so they are at right angles to your body; do not lift your elbows above the height of your shoulders.
- Slowly lower down to your side.
- **Repeat 5-10 times.**



Short Lever Internal Rotation

- Reach your hands behind you trying to touch the middle of your back.
- You can do both hands together or one at a time.
- **Repeat 5-10 times.**



Short Lever External Rotation

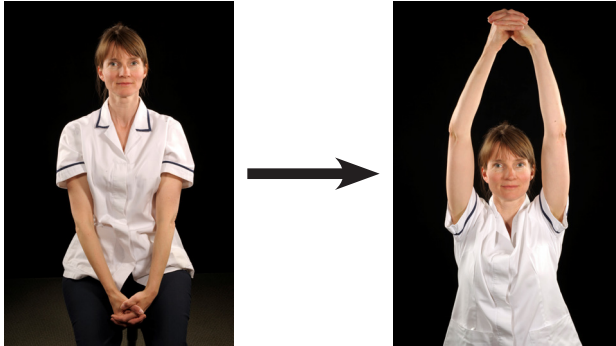
- Reach your hands behind your head/neck.
- Make sure you do not pull on the back of your head/neck.
- **Repeat 5-10 times.**



Day 7

Active assisted flexion

- Clasp your hands in front of you.
- Lift both arms straight forward over your head, hold for 5 seconds.
- **Repeat 5-10 times.**



4 weeks

Isometric hip adduction

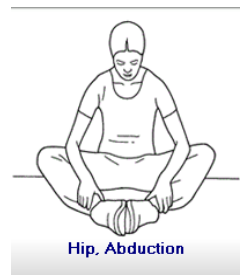
- Place a small rolled towel between your knees.
- Gently squeeze the towel between your knees. Hold for 5 seconds.
- **Repeat 5-10 times.**



6 weeks

Hip abduction stretching

- Sit on the floor/bed and bend your knees so the soles of your feet touch.
- Rest your hands on your ankles and use your elbows to push your thighs gently towards the floor.
- Hold for 30-60 seconds.



Resisted hip adduction

- Place the band around the ankle of your affected leg and fix the other end to a stable surface.
- Pull the band by crossing your affected leg straight in front of the other.
- **Repeat 5-10 times.**



Resisted knee flexion

- Place the band around the ankle of your affected leg and fix the other end to a stable surface.
- Straighten your knee out in front of you then pull the band by bending the knee.
- **Repeat 5-10 times.**



Scar Massage

You should start scar massage once your wounds have healed (about 2-3 weeks). Massage over the donor site and chest wall to ensure that the skin remains supple and prevent the scar from adhering.

- You can use oil (for example sunflower oil; we do not advise you use vitamin E oil or olive oil) or a non-perfumed moisturising cream (we do not advise you use aqueous cream) to massage.
- Your scars are susceptible to sun damage and you should keep them covered with clothing or wear factor 50 sun block.
- You should massage in small circular movements over the scar. Your therapist will demonstrate this for you.
- You should begin gently to get used to the massage and gradually increase pressure. You are aiming to massage firmly enough to blanch or lighten the skin.

Future management

If at six weeks you are experiencing shoulder pain or reduced active range of movement in your shoulder, please contact your GP for referral to your local physiotherapy department.

Therapist's Name.....

Phone: 01342 414255

Please ask if you
would like this leaflet
in larger print or an
alternative format.

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