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GENERAL AND ONCOLOGIC SURGERY OF THE BREAST AND ABDOMEN

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Post-Operative Care Instructions - Arm exercises after Lymph node procedures

CIRCLES

Lift arm shoulder height to the side. Make 5 small circles then 5 large circles using entire arm. (Swing from the Shoulder.) Do five times a day.

SWINGING

Use the arm opposite to surgical site to hold side of a chair (or table) for support. Keeping body steady, swing hand (on side of surgical site) in front of body from left to right. Then swing hand back and forth. Do each 5 times a day.

WALK UP THE WALL (Itsy Bitsy Spider)

Start sideways to the wall and walk your hand up until it is straight and your hip touches the wall. Stop if it hurts. Goal: To reach as high as your hand opposite to the surgical site can. Do 5 times a day.

BACK SCRATCHING

Scratch your back with hand opposite to surgical site keeping elbow bent and close to your head. See if you can point your elbow to the ceiling. This is your measure for the surgical side. Next, scratch your back with the hand on the same side as the surgical site using your opposite hand to straighten and pull your elbow close to your head. It is good to do this in the mirror. Do 5 times a day.