

EXERCISE PROGRAM

FOR AXILLARY NODE SURGERY



ROSWELL
PARK®

COMPREHENSIVE CANCER CENTER

PATIENT
EDUCATION

SHOULDER ROLLS

Your posture may be somewhat impaired after surgery because, subconsciously, you are protecting the operated side. Check yourself in the mirror occasionally for correct posture.



1. Shrug shoulders up. Then...



2. Pull shoulders back and down, squeezing shoulder blades together.



3. Relax shoulders, but keep them level.

Number of Sets: _____ Number of Repetitions: _____

SUPINE FLEXION

Lie on your back with your knees bent and your feet on the floor.



1. Hold a cane or yardstick with your hands shoulder width apart.



2. Keep your elbows straight and raise the cane overhead as far as possible.



3. Try to touch the floor with cane as shown in the photo.

Return to Starting Position 1.

Number of Sets: _____ Number of Repetitions: _____

SEMICIRCLE

Lie on your back with your knees bent and your feet on the floor.



1. Place tip of cane in the hand of your affected arm. Hold the other end of the cane with your other hand.



2. With your affected arm flat on the exercise surface with your palm facing up, slide your affected arm out to the side and away from your body. Use your other arm to help by pushing with the cane.



3. Try to reach your ear with your upper arm.

Return to Starting Position 1.

Number of Sets: _____ Number of Repetitions: _____

SUNBATHER

Lie on your back with your knees bent and your feet on the floor.



1. Clasp your hands behind your head.



2. Pull your elbows back as far as possible. Try to touch your elbows to the floor.



3. Hold 15-30 seconds.

Return to Starting Position 1.

Number of Sets: _____ Number of Repetitions: _____

SIDE-LYING ABDUCTION

Lie on your unaffected side with your knees bent.



1. Start with your affected arm at your side, with your thumb pointing up.



2. Bring your arm straight up and overhead as far as possible.



3. Try to touch your upper arm to your head, just behind your ear.

Return to Starting Position 1.

Number of Sets: _____ Number of Repetitions: _____

DIAGONALS

Start in a standing or sitting position.



1. Begin with your arms crossed in front of your lap and your thumbs pointing down.



2. Raise your arms forward, up and out in a diagonal pattern, keeping your elbows straight and your thumbs pointing backward.

Return to starting Position 1 along the same path – forward, down, and across your body.

Number of Sets: _____ Number of Repetitions: _____

WALL SLIDES

Standing facing the wall.



1. Place your palms on the wall about shoulder width apart with your elbows bent.



2. Gradually slide both palms up the wall while walking forward, until your toes make contact with the wall. Make sure you do not rise up on your toes or tilt your body to either side.

Return to starting position.

LATERAL WALL SLIDES

Standing with your affected arm next to the wall.



1. Place the palm of your hand on the wall



2. Slide your affected arm to the side up the wall.

Return to starting position

Number of Sets: _____ Number of Repetitions: _____

TRUNK STRETCHES

Standing or sitting.



1. Start standing or sitting with your buttocks and shoulder blades against the wall. Grasp the wrist of your affected arm with your opposite hand.



2. Slowly bend away from your affected side, keeping your feet flat and your buttocks, shoulder blades and elbows touching the wall.

Return to Starting Position 1. Repeat.

Number of Sets: _____ Number of Repetitions: _____

CORNER STRETCH

Stand in a doorway.



1. Place hands just above shoulder level in a doorway while standing in a lunge position
2. Lean forward until a comfortable stretch is felt across your chest.
3. Hold for 25-30 seconds.

Repeat 3 times.

Number of Sets: _____ Number of Repetitions: _____

ROWS



1. Stand with elbows bent and arms at your side, holding the theraband.



2. Pull your arms back and squeeze your shoulder blades together.

3. Hold for 3 seconds. Return to starting position.

Number of Sets: _____ Number of Repetitions: _____

SHOULDER EXTENSION



1. Stand with arms at your sides and elbows straight, holding the theraband.



2. Pull arms straight back and squeeze your shoulder blades together.

3. Hold for 3 seconds.

Return to starting position.

Number of Sets: _____ Number of Repetitions: _____

NOTES

**FOR MORE INFORMATION,
CALL REHABILITATION SERVICES
AT 716-845- 3271**



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1-800-ROSWELL (1-800-767-9355)

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