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## ***Pre-Operative Exercises: Breast Surgery***

Prior to your breast surgery, it is important to perform exercises that focus on improving posture and reducing neck and shoulder stiffness. Do the exercises slowly. They should not cause pain. Perform these exercises at least 1x per day.

- 1. Diaphragmatic Breathing:** Lie on your back with knees bent. Place one hand on your belly and the other on your upper chest. Inhale slowly through your nose (hand on your stomach will move outward). The hand on your chest should move minimally, if at all. Exhale slowly through pursed lips, allowing belly to empty fully. The hand on your stomach will move in as you breathe out. Repeat 10x.



- 2. Neck Rotation:** Sit with correct posture. Turn your head towards the side, looking over one shoulder. Hold 5 seconds, then return to start position. Repeat 5x on one side, then perform same exercise on the other side.



- 3. Neck Side Bend:** Sit with correct posture. Slowly bring your ear towards your shoulder. Hold 5 seconds, then return to start position. Keep your eyes and nose pointed straight ahead the entire time. Try not to shrug your shoulder. Repeat 5x on one side, then repeat on the other side.



**4. Shoulder Rolls:** While sitting or standing, gently roll both shoulders up, back, and down. Repeat 10x, and then perform in the opposite direction.



**5. Shoulder Blade Squeezes:** While sitting or standing, bend elbows to 90 degrees. Gently squeeze shoulder blades together and rotate forearms and hands away from your body. Hold squeeze for 5 seconds, then relax. Do not shrug shoulders upward. Repeat 10x.



**6. Corner Stretch:** Face the corner of a wall. Place your arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground. Take one step forward towards the corner. Bend your front knee until a gentle stretch is felt along the front of your chest and/or shoulders. Hold for 10 seconds. Return to start position. Repeat 3-5x. Gradually increase duration of stretch to 20-30 seconds, as tolerated.

