Shoulder Exercise after a Neck Dissection

After a neck dissection, there can be weakness of the spinal accessory nerve. This nerve controls the shoulder muscle needed to lift the arm out to the side of the body. This muscle is used for activities such as getting dressed and lifting things over your head.

It is important to do exercises with your arm to keep the muscle from getting small and not working well. Here is an exercise you may do when your doctor tells you it is okay to start exercising.

**Side Wall Crawls**

- Stand sideways to a wall. Make sure you keep your shoulders square with the wall.
- Walk your fingers up the wall until you feel a pull.
- Hold for 5 seconds.
- Slide your hand down the wall.
- Step closer to the wall to increase the stretch.

Do this exercise _______ times, _______ times a day.