Exercises after Chest Surgery

Begin to use both arms for daily activities, such as washing your face, combing your hair and dressing. These wand exercises will help to increase your arm and trunk movements.

Do only the exercises checked by your therapist, as some exercises are not recommended for all types of chest surgery.

Do each exercise _____ times each, _____ times a day.

When doing these exercises

• Do these exercises sitting on a hard, straight-back chair with your feet flat on the floor.
• Keep your head and back in an upright position. Avoid slumping or arching your back.
• Sitting in front of a mirror is helpful to see how you are sitting.

Wand exercises

• Use a wand made from an old broom handle, cane, yard stick or 3-foot dowel rod.
• Keep both arms as straight as possible, except when instructed to bend your elbows. Hold the wand with your hands about 12 inches apart and your palms down.
• All exercises should be done slowly and smoothly. Do not use fast or jerky movements. Do not push your arms beyond their limits. If you feel a pull at your incision site - STOP!

☐ Cane Lift

• Start with wand on your lap.
• Lift arms up as far as you can go or until your elbows are near your ears.
- **Wand Diagonals**
  - Grasp one end of the wand in your left hand and place the tip of it in your right hand.
  - Move the wand to the right side and up towards your head as far as possible. Your right arm will be moving away from your body.
  - Return the wand to the starting position.
  - Switch positions by grasping the end of the wand in your right hand with the tip of it in your left hand.
  - Move the wand to your left side.

- **Overhead Circle**
  - Keep both of your arms straight and toward your right side.
  - Move the wand in a large circle.
  - Slowly do this clockwise and then counterclockwise.

- **Wand Behind Your Back**
  - Sit sideways in the chair, so the wand can move backwards.
  - Put both your hands on the wand and hold it behind your body.
  - Move the wand up towards your head, as far as possible.
  - Bring the wand back down, slowly.

- **Forward Lean and Up**
  - Lean forward, so the wand rests on your ankles.
  - Slowly bring your arms up to shoulder height.
Twist to the Side
- Keep your arms straight at shoulder height.
- Move your arms to the right as far as possible.
- Come back to the starting position, and then move to the left as far as possible.

Trunk exercises

Trunk Lean
- Sit flat on a surface. Lean to the right as far as possible.
- Return to your original position. Lean to the left side as far as possible.

Buttocks Lift
- Sit upright on a firm surface, and raise the left buttock up off the surface.
- Return to starting position.
- Now raise your right buttock off the surface.