

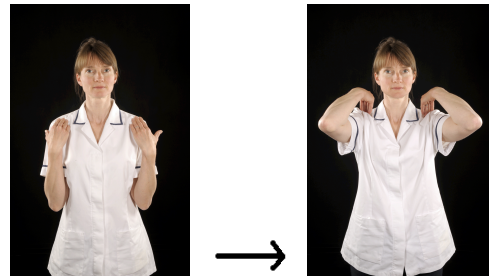
Post-op Exercises - Latissimus Dorsi Flap (Breast) (0-4 Weeks)

These exercises should be started following your breast surgery. Breast surgery is complex surgery and can affect the shoulder joint, arm, and thoracic spine. Post-operative physiotherapy exercises can help prevent problems such as pain, reduced movement and reduced strength.

The following exercises should be performed three times each day for the first four weeks following your surgery:

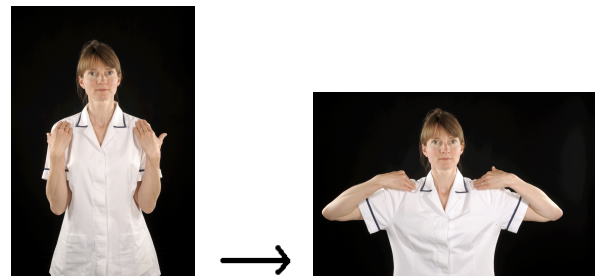
Short Lever Flexion

- Bend your elbows and rest your hands lightly on your shoulders.
- Raise both your arms out in front of you so they are at right angles to your body.
- Slowly lower down to your side.
- **Repeat 5-10 times.**



Short Lever Abduction

- Bend your elbows and rest your hands lightly on your shoulders.
- Raise both your arms out to the side so they are at right angles to your body.
- Slowly lower down to your side.
- **Repeat 5-10 times.**



Short Lever Internal Rotation

- Reach your hands behind you trying to touch the middle of your back.
- You can do both hands together or one at a time.
- **Repeat 5-10 times.**



Short Lever External Rotation

- Reach your hands behind your head/neck.
- Make sure you do not pull on the back of your head/neck.
- **Repeat 5-10 times.**



Pendular Exercises

- Stand leaning on a table or your knee with one hand.
- Let the other hand hang relaxed down.
- Swing your arm forwards and backwards or round in a circle.
- **Repeat 5-10 times.**



Scapular Protraction

- Relax your arms down by your sides.
- Roll your shoulders forwards, you should feel a stretch across the back of your shoulder blades (scapula).
- Hold for 5 seconds.
- **Repeat 5-10 times.**



Scapular Retraction

- Relax your arms down by your sides.
- Roll your shoulders backwards, squeezing your shoulder blades (scapula) together.
- Hold for 5 seconds.
- **Repeat 5-10 times.**



The nerve that makes the latissimus dorsi muscle work may still be attached, therefore movements that make this muscle contract should be avoided for the first four weeks. These movements include activities such as pushing up from a chair/bed with the affected side, pulling your arm tightly into your side (Adduction) and taking your arm straight behind you (Extension).

You should also avoid lifting and driving for the first four weeks following your operation.