

## **Post-op Exercises – TRAM & DIEP 0-4 Weeks**

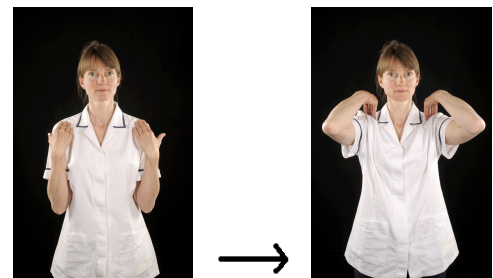
These exercises should be started following your breast surgery. Breast surgery is complex surgery and can affect the shoulder joint, arm, and abdominal musculature. Post-operative physiotherapy exercises can help prevent problems such as pain, reduced movement and reduced strength.

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

### **Day 1**

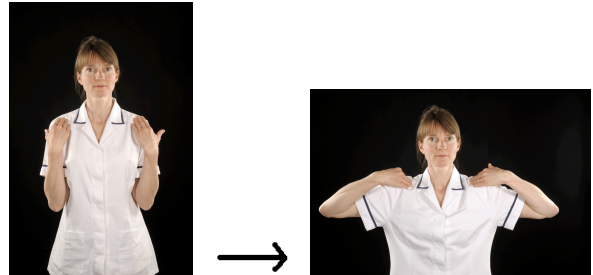
#### **Short Lever Flexion**

- 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.**



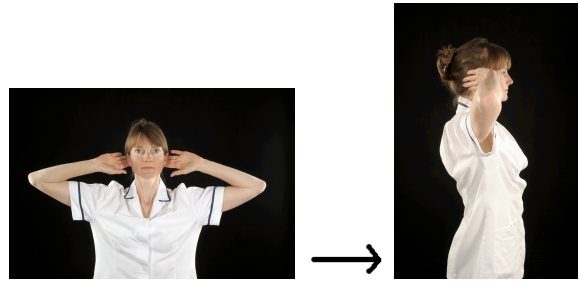
#### **Short Lever Internal Rotation**

- 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**

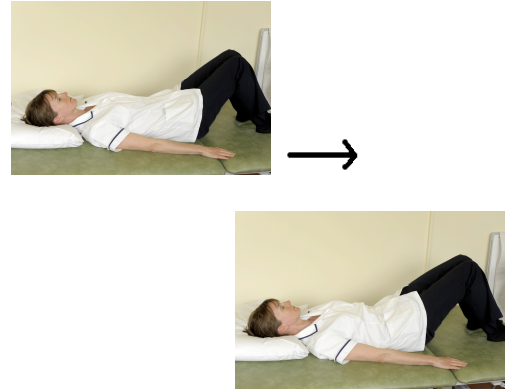
- Reach your hands behind your head/neck.
- Make sure you do not pull on the back of your head/neck.
- **Repeat 5-10 times.**



## **Day 2-3**

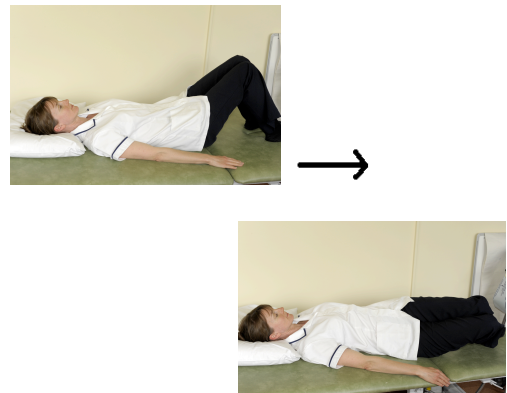
### **Pelvic Tilt**

- Lie on your back with knees bent and arms by your sides.
- Pull your belly button in towards your spine.
- Squeeze your buttocks together and tilt your pelvis to flatten your back into the bed.
- **Repeat 10 times.**



### **Leg rolling**

- Lie on your back with knees bent and together.
- Pull your belly button in towards your spine then slowly roll your knees from side to side keeping your upper trunk still.
- **Repeat 10 times to each side.**



## **Day 5**

### **Active assisted flexion**

- Clasp your hands in front of you.
- Lift both arms straight forward over your head, hold for 5 seconds.
- **Repeat 5-10 times.**

