

## Wall Climbing: To be done in two positions, facing wall and sideways to wall.



### FACING WALL:

1. Keep shoulders down
2. Place hand on wall
3. Walk fingers up the wall slowly and stop when it becomes painful
4. Hold in painful place for 6 seconds (Do not cheat and raise shoulder)

*Relax and start again*

*Repeat this exercise 7 times*



### SIDEWAYS TO WALL:

1. Place hand beside you on wall
2. Keep shoulders down
3. Walk fingers up the wall slowly and stop when it becomes painful

4. Hold in painful place for 6 seconds (Do not cheat and raise shoulder)
5. Relax and start again.

*Repeat this exercise 7 times*

## Attaching the necklace

*This exercise is very simple to explain and to do.*

*Imagine that you are attaching a necklace.*

1. Keep the elbows relaxed at the beginning
2. Slowly open the elbows as wide as possible, hold them open for the count of 6

*Repeat this exercise 7 times*



Exercises also available on **BREAST CANCER REHABILITATION DVD**



## Open-Close Hands

*Open and close fists at various heights.*

**PURPOSE:** To pump blood throughout the arm bringing healing nutrients and removing toxins.

*Frequency: 7 pumps*



**CLASSICAL STRETCH**  
THE ESMONDE TECHNIQUE

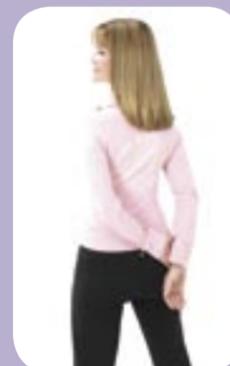
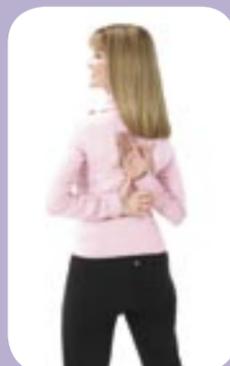
# Regain Range of Motion in Your Arm After Breast Cancer Surgery

## Attaching the Bra

*This is the most painful of all the exercises. Do not avoid these exercises as they are extremely important for your arm rehabilitation. The pain will go away as you heal.*

1. With healthy hand, gently take hand of injured arm behind your back
2. Slowly begin pulling injured hand towards the height of your bra strap
3. Stop at pain hold for 6 seconds
4. As you are progressing, use the wall to hold the position with a straight back
5. To accomplish this may take several weeks or months, do not get discouraged!

*Repeat this exercise 3 times*



## HOW TO USE THIS EXERCISE CHART

**5 Exercises • Repeat these exercises 5 times per day • Deep breathe while doing the exercises • In all exercises, use the injured arm**