

LOST TEMPLE FITNESS

POST OP HEALING CONCERNS AFTER BREAST SURGERY

©Klose Training: Breast Cancer Rehabilitation

Not Enough Movement	<ul style="list-style-type: none"> • Tissue adhesions • Shoulder/rib/clavicle stiffness • Decreased lymphangiomotoricity
Not Enough Compression	<ul style="list-style-type: none"> • Axillary/mastectomy/flap site seroma • Breast edema
Too Much Movement	<ul style="list-style-type: none"> • Mastectomy skin flaps will not adhere > seroma • ALND > seroma • Lack of lymphatic regeneration > increased risk of lymphedema
Seroma and Lymph Edema Prevention	<ul style="list-style-type: none"> • To early and/or too aggressive exercise may be increasing the incidence of seroma and lymphedema • <i>Avoid wall walks and ROM past shoulder height, at least for the initial 2-3 weeks post surgery</i> • Avoid extreme forward reaching
Post Op Movement Restrictions	<ul style="list-style-type: none"> • Limit shoulder flexion to 90 degrees for 7-14 days to avoid seroma formation and encourage lymphatic regeneration. • Range of motion in shoulder as far as possible, avoiding pain, after 14 days if no seroma, and per surgeon recommendations. • Encourage using the arm as normally as possible without pain, within surgeons guidelines.

Recommendations Post Mastectomy

3-7 Days

- Avoid lying on side or arm of mastectomy
- Elevate affected side above heart at about a 45 degree angle 2-3x a day to avoid swelling.
- Use your arm to brush hair or trying to reach

First 4 weeks

- Do not use resistance
- Do not do overhead laps in pool
- Do not do body weight exercises or certain yoga poses such as push-ups or downward dog
- Avoid sports, such as skiing, tennis, canoe or any other exercises that extreme stretching of the shoulder.
- Be aware of lymphedema symptoms
- Do stretches in a warm shower or after once cleared to take a shower.
- Do stretches until feeling a slight stretch, not pain.
- Try doing the exercises twice a day 5-7 each.
- You do not have to start with every exercise listed – start with the ones lying down, then move to seated, and then standing.

After 4 – 6 weeks progress as tolerated and/or instructed by MD or physical therapy to include resistance.