

Axillary web syndrome exercise program

This exercise program is an addition to the exercises you received during your surgery. It is therefore very important to continue these exercises **twice a day** until your arm's mobility is completely recovered.



1.



Starting position

Lying on your back, knees bent, the hand of the operated side behind your neck. Using your other hand, grasp the cord in your armpit.

2.



Movement

Slowly lower the elbow of the operated side towards the mat until you feel stretching in your armpit without pain.

Slowly return to the starting position.

Repeat 10 times, twice a day.



Starting position

Lying on your back, knees bent, operated arm along your body. With your other hand, grasp the cord in your armpit.

Movement

Keeping your **elbow straight**, slowly bring your operated arm towards the ceiling and as far as possible above your head in order to feel stretching in your armpit without pain.

With your other hand, apply light traction on the skin of your armpit in the opposite direction.

Slowly return to the starting position.

Repeat 10 times, twice a day.

1.



2.



Starting position

Facing a bed (or a chair), kneeling on a pillow on the floor, hands flat on the bed (or chair).

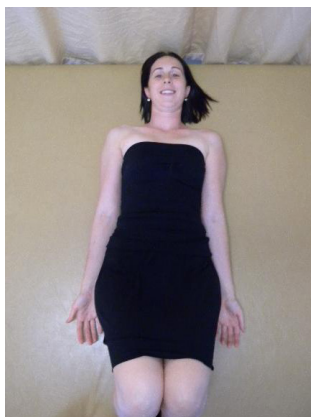
Movement

Bend your body forward and try to sit your buttocks on your heels; you should feel stretching in your armpit without pain.

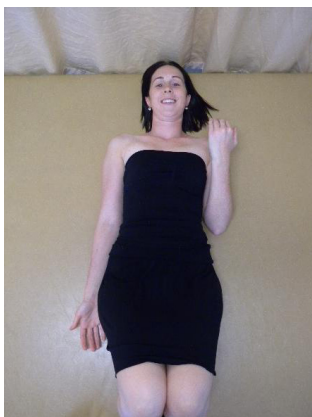
Hold the position for 20-30 seconds.

Repeat 3 times, twice a day.

1.



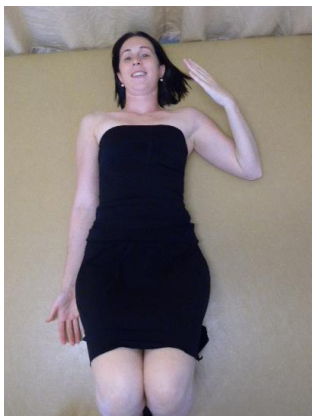
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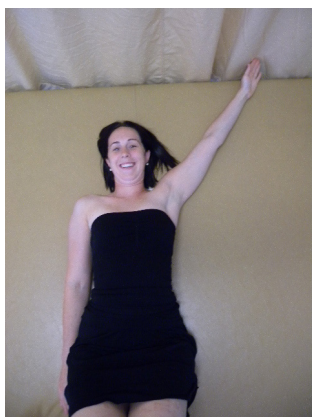
3.



4.



5.



Starting position

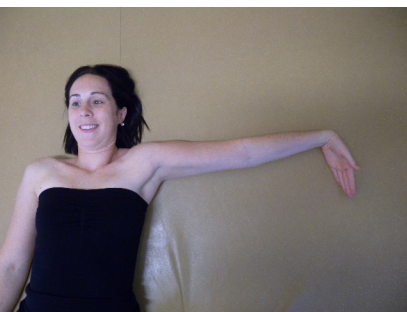
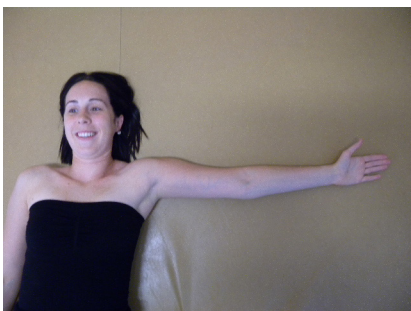
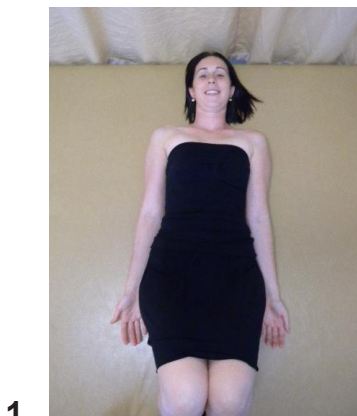
Lying on your back, knees bent, operated arm along your body .

Movement

Slowly bend and extend the elbow of the operated side alternately, gradually moving your arm away from the body as far to the side as possible.

Repeat the movement (elbow flexion/extension) as you lower your arm back down to the starting position.

Repeat the entire exercise (up and down) 10 times, twice a day.



Starting position

Lying on your back, operated arm along your body, elbow straight.

Movement

Move your arm away from your body until you feel stretching in your armpit without pain.

Perform 10 to 15 slow alternating flexion and extension movements of the wrist while keeping the elbow extended; 2 times per day.

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