

# MARC MANDEL, M.D., F.A.C.S.

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## GENERAL AND ONCOLOGIC SURGERY OF THE BREAST AND ABDOMEN

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### **Post-Operative Care Instructions - Arm exercises after Lymph node operation**

#### **CIRCLES**

Lift arm shoulder height to the side. Make 5 small circles then 5 large circles using entire arm. (Swing from the shoulder.)

#### **SWINGING**

Use the arm opposite to surgical site 0 hold side of a chair (or table) for support. Keeping body steady, swing hand (on side of surgical site) in front of body from left to right. Then swing hand back and forth. Do each 5 times.

#### **WALK UP THE WALL (Itsy Bitsy Spider)**

Place the left hip next to wall and walk left hand up wall as high as possible. Place right hip next to the wall. Turn to right and walk right hand up the wall as high as you can. Goal: To reach as high as your hand opposite to the surgical site can. Do 5 times.

#### **BACK SCRATCHING**

Scratch your back with hand opposite to surgical site keeping elbow bent and close to your head. Next, scratch your back with the hand on the same side as the surgical site using your opposite hand to straighten and pull your elbow close to your head. Do 5 times.

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