

## Set B Exercises

### Exercises for Weeks Three and Four

Begin exercises on \_\_\_\_\_

**Frequency: three times a day, and continue for two weeks along with Set A.**

Start these exercises two weeks after your surgery. You may feel a stretch but you should not feel pain during these exercises.

If you develop a seroma, return to **Set A Exercises** and remain doing **Set A Exercises** until your seroma has resolved.

1. Stand facing the wall. Walk your hand upwards. Hold for five seconds at the top of the movement. **Move closer to the wall as your movement improves.** Repeat 10 times.



2. Stand sideways on to the wall. Walk your hand upwards. Hold for five seconds at the top of the movement. **Move closer to the wall as your movement improves.** Repeat 10 times. Repeat on other side



3. Using other hand lift both hands above head. You should only move your shoulder in pain free range of movement. Sit as tall as possible throughout the exercise. Repeat 10 times.



## Lymphoedema prevention

Lymphoedema is an accumulation of lymph fluid in the soft tissues of the arm, chest or trunk, with accompanying swelling in these areas. This accumulation of fluid is due to a disruption in the lymphatic system which may be due to surgery, node clearances and/or radiotherapy.

If you have had surgery on the nodes i.e. axillary clearance or sentinel node biopsies and if you have or may have radiotherapy after your surgery, it is important that you follow these guidelines for skin care to try and prevent the development of complications such as infection or lymphoedema. Prevention is the best tool against the development of lymphoedema.

### Signs and Symptoms

- Swelling in one or all of the following: fingers, hand, arm, upper trunk/chest
- Sensation of heaviness, fullness in the arm
- Feelings of soreness or discomfort in the arm and shoulder
- Skin harder, less soft or less supple
- Loss of movement in the joints of the arm
- Watch or rings becoming too tight

This list is not exhaustive and these symptoms can appear at any time after the surgery, or during or after your radiotherapy treatment for years after the surgery.

### Physiotherapy treatment of lymphoedema

If the breast care team or your physiotherapist feels you are developing signs of lymphoedema, they will refer you to a Senior Physiotherapist specialising in the area. The physiotherapy approach will consist of many different treatment options. Some of these may include:

- Manual lymphatic drainage
- Exercises
- Intermittent pneumatic compression
- Compression sleeve garments
- Multi-layered bandage of arm
- Skin care and prevention advice