



PHYSICAL THERAPY SECTION

MASTECTOMY

*Revised November 2016
Adapted from William Beaumont Army Medical Center*

Post-op Days 1 – 14

Elevate involved arm above heart level – Prop on pillows when supine
Deep breathing and coughing exercises
Pendulum exercises
AAROM with wand, wall climb or pulley to 90 degrees flex and abd
– May progress > 90 degrees 1-2 days after drain removed
– Drain usually removed ~7 days post-op
Elbow, wrist and hand AROM
Cervical ROM x 6 – No circles
Chin tucks
Shoulder shrugs

Goals

Pain control
AAROM flex and abd to 120 degrees

Weeks 2 – 4

Continue appropriate previous exercises
Scar desensitization as needed
AAROM, AROM through full range
– Include towel stretch for ER and IR as needed
Isometrics for involved shoulder x 6
Isometrics for rhomboids (finger pull) and serratus (wall press)
Stationary bike
Elliptical trainer

Goal – Full AROM

Weeks 4 – 6

Continue appropriate previous exercises
Theraband x 6 for involved shoulder
Standing rows with Theraband
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Push-ups against wall
Treadmill – Walking program
Thoracic stretching – Sidebend with arm overhead

Goals

Normal strength
No limitations in ADLs
Resume all activities as tolerated

No heavy lifting, pushing or pulling until 8 weeks post-op