

# Arm and Shoulder Exercises After Your Thoracotomy

## Exercises

You will start the following exercises soon after your surgery. You should try to do them every 2 hours while you are awake. It may be painful at first, but the exercises are needed to maintain your shoulder mobility and prevent more shoulder problems.

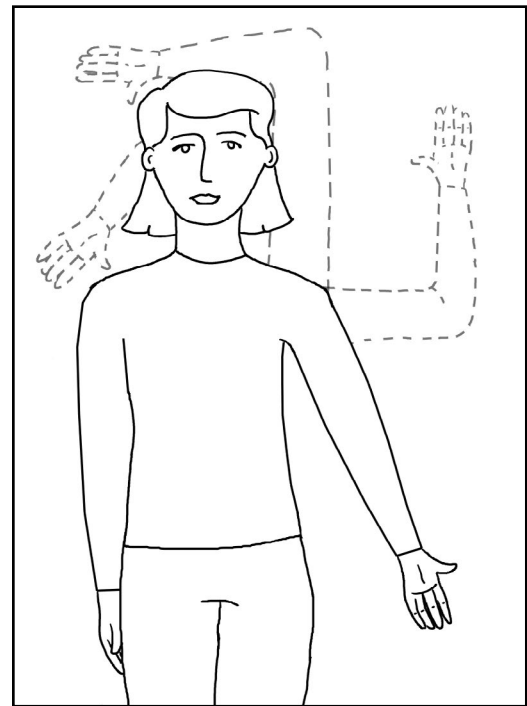
At first, nurses will help you. If needed, they can give you pain medicine to take before you exercise.

1. Grasp your arm on the surgery side with your opposite hand. Raise your affected arm above your head and return it to your lap.



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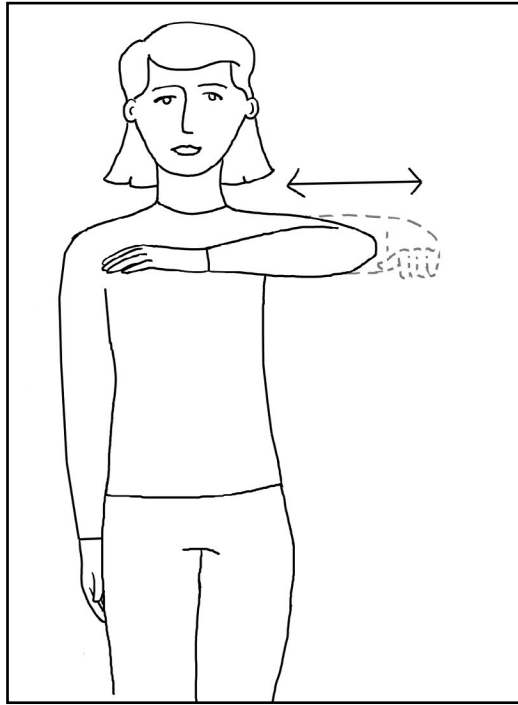
2. As you gain strength, lift your affected arm over your head and try to touch your opposite shoulder.



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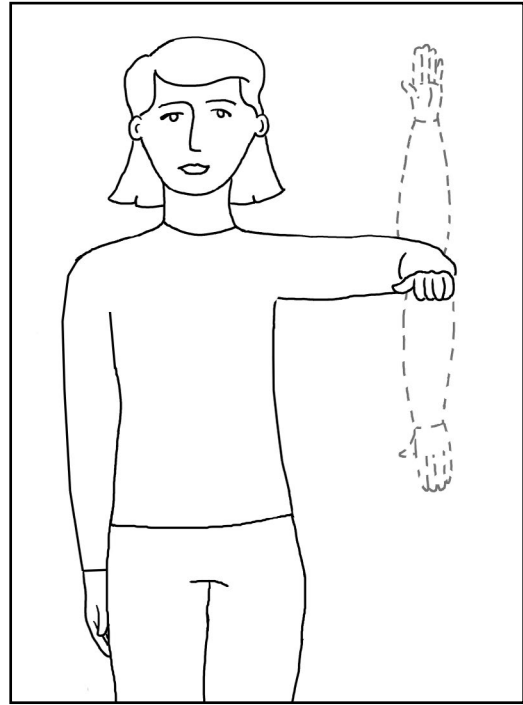
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3. It is also necessary to maintain shoulder rotation. Lift your affected arm out to the side with your elbow bent. Move your forearm up and down.



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4. Lift your affected arm to shoulder height with your elbow bent in front of you. Gently swing your arm in and out.



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