

Occupational Therapy TOOLKIT

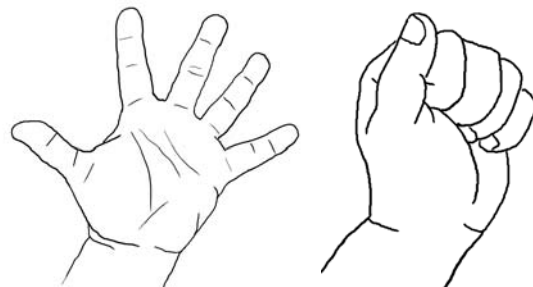
Active ROM Exercises Following Mastectomy

Complete _____ set of _____ repetitions of each exercise.
Perform exercises _____ times per day.

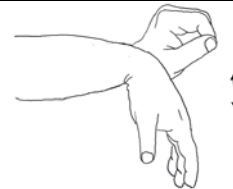
1. Squeeze a soft ball with your arm elevated above the level of your heart.



2. Open and close your hand



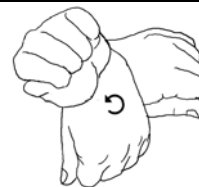
3. Place your wrist hanging over the edge of a table. Lower your wrist and then bend it up.



4. Place your hand flat on the table. Move your wrist side to side



5. Circle your wrist one direction and then repeat in the other direction



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Active Exercises Following Mastectomy

6. Bend and straighten your elbow.



7. Shrug your shoulders.



8. Pull your shoulder blades together.



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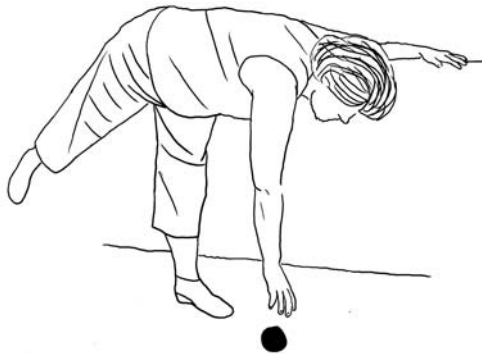
Body Mechanics

Reaching

Don't reach higher than is comfortable with both arms.
Use both arms to avoid twisting.
Use a reaching device for lightweight objects.
Store frequently used items at eye or waist level.
Avoid overhead tasks.



Lifting With Your Legs and Not Your Back



Alternative "Golfer's" Pick Up

Only do this if you have good balance. Hold onto the countertop with one hand. Lift the opposite leg back, all your weight will be on one leg. Bending at the hip, reach down to the floor.

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Handwriting - Cursive Exercises

Wave shapes

c a d g o z

Point shapes

t i j p u w y

Loop shapes

l e b k h f

Hill shapes

n m v x z

Other shapes

r s

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Passive Range of Motion Exercises Hip and Knee

13. Hip and Knee Flexion.

Slowly bend the hip and knee up toward the chest as much as possible.



14. Hip Abduction

Move the right leg out to the right side as far as possible. Then return the leg to the middle and cross it over the left leg.



15. Hip Rotation

Bend the person's knee and cross the right leg over the left.

Repeat the above exercises with the left leg.



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Shoulder Strengthening Exercises Left

Complete _____ set of _____ repetitions of each exercise.

Perform exercises _____ times per day

- Apply a heat pack to your shoulder for _____ minutes before exercising.
 - Apply an ice pack to your shoulder for _____ minutes after exercising.
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1. Shoulder Flexion

Raise your left arm up in front, as far as you can.

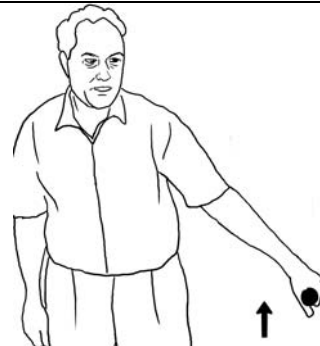
Hold a _____ lb weight in your left hand.



2. Shoulder Abduction

Raise your left arm up from the side.

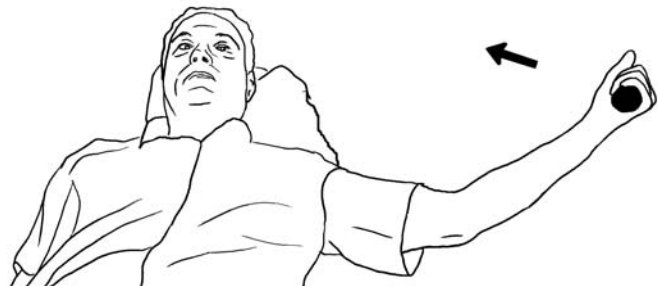
Hold a _____ lb weight in your left hand.



3. Shoulder Horizontal Adduction

Lying down. Move your right arm across your body, keeping the arm at shoulder level.

Hold a _____ lb weight in your left hand.



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Upper Body Stretching and Strengthening Exercises

1. Warm-Up

Roll your shoulders

Repeat _____ times



2. Warm-Up

Twist your arms

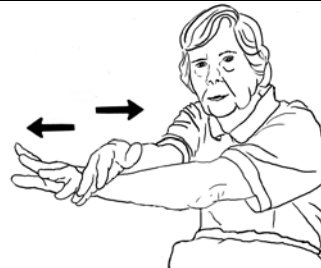
Repeat _____ times



3. Warm-Up

Cross your arms back and forth

Repeat _____ times



4. Warm-Up

Move your arms up and down

Repeat _____ times



5. Warm-Up

March in place

Repeat _____ times

