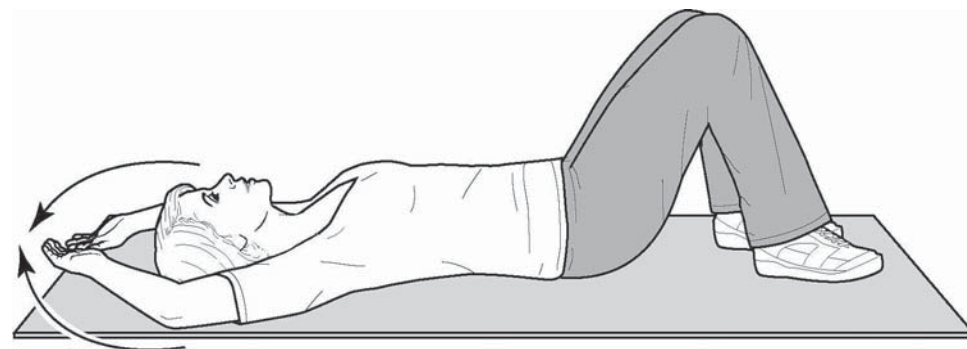
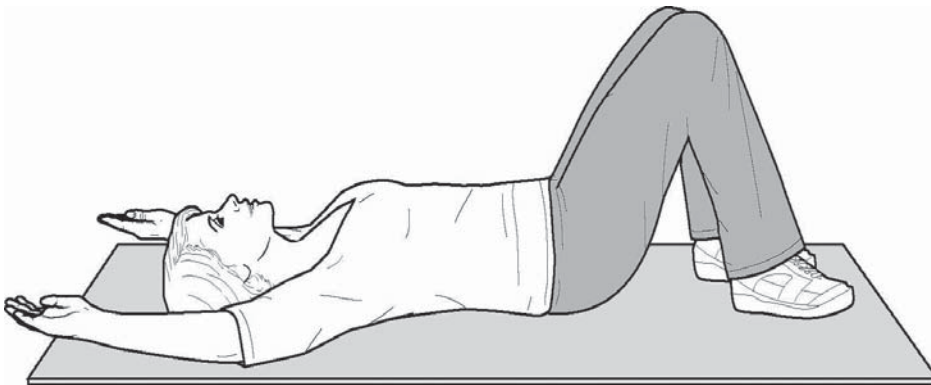


Axillary Web Syndrome Exercise Program

Snow Angel (Lying Down)

- Lie on your back. You may find it helpful to put a rolled towel under your head to support your neck.
- Your arms should be straight out with the palms of your hands facing the ceiling.
- Slide your arms back and forth on the floor. You should only move your arms as far as you can and still be comfortable.
- Do this exercise for 3 minutes, then hold your arms out straight with the palms of your hands facing the ceiling for 1 minute.

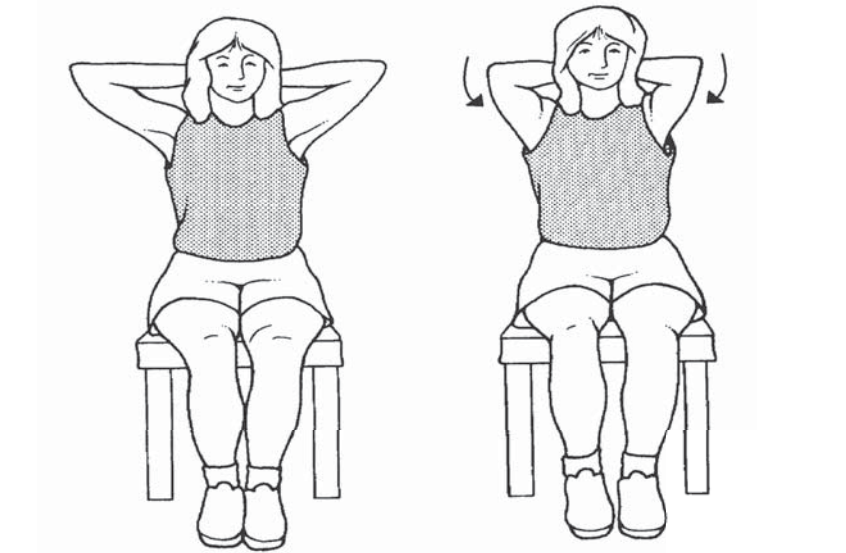
You may find it helpful to use a timer for this exercise.



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Butterfly Wings

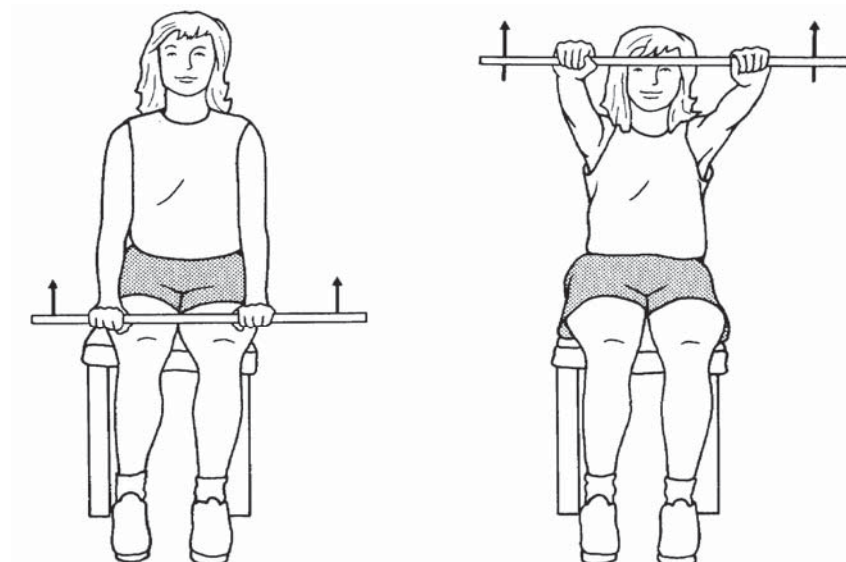
- While sitting down or lying on your back, place both hands behind your neck with your elbows out to the side.
- Once you are able to reach both of your hands behind your neck, clasp your fingers together.
- Bring your elbows together in front of your body.



Flexion

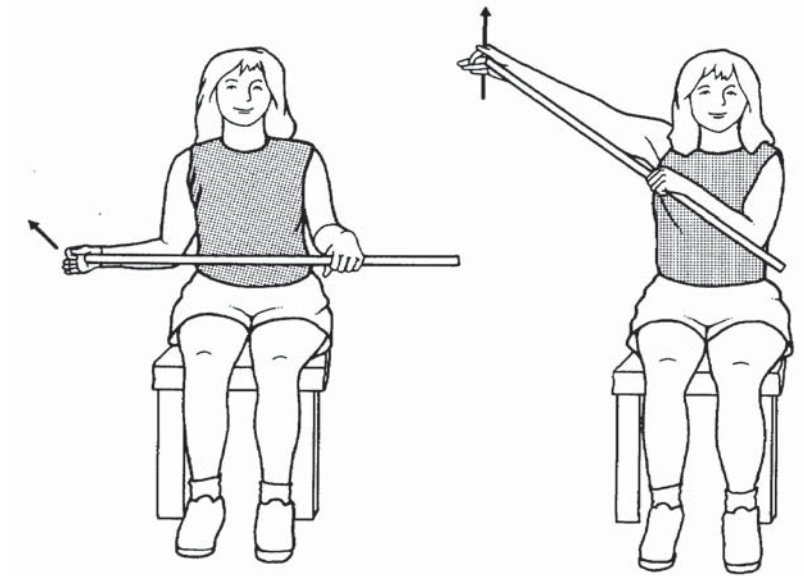
Use a dowel rod/stick to do these exercises while sitting down or lying on your back.

- Hold the rod/stick with your palms down. Lift your arms over your head as far as you can go or until your elbows are near your ears.



Abduction

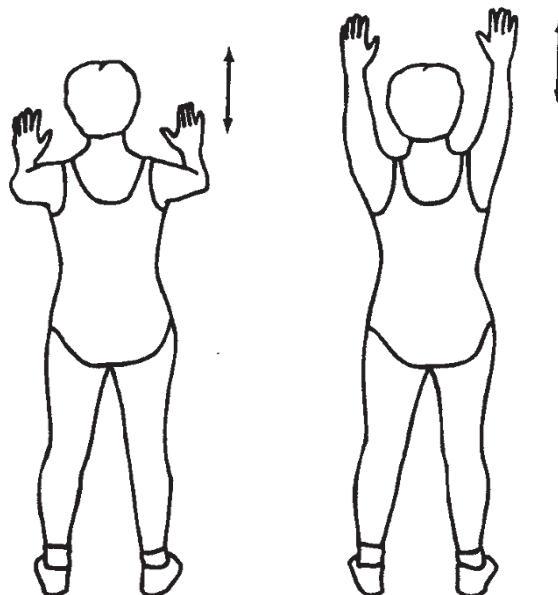
- Hold the rod/stick in front of you.
- Move the rod/stick to the side, raising your involved arm up toward the ceiling.



Wall Slides

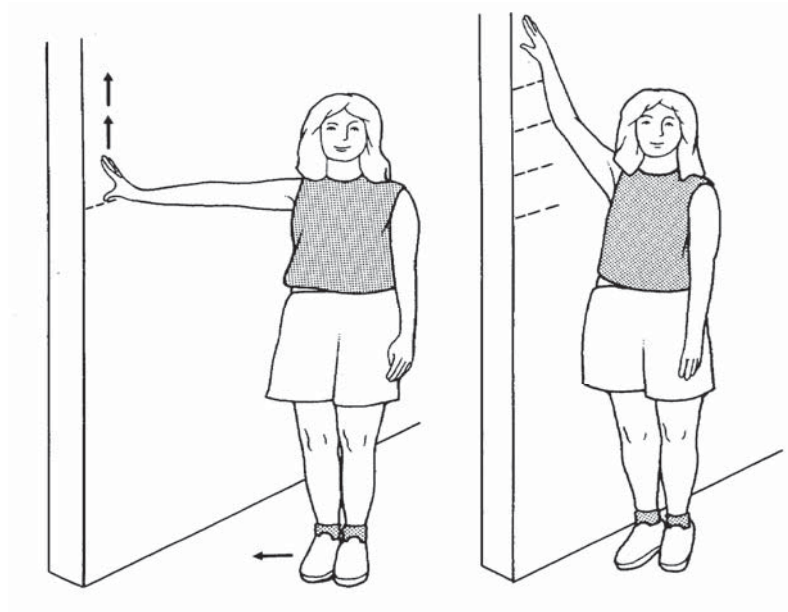
Do these exercises while standing.

- Stand in front of a wall. Use your fingertips on both hands and apply light pressure while sliding your arms up the wall until you feel a pull.
- Hold for 5 seconds.
- Slide your hands down the wall.



Side Wall Slides

- Stand with your involved arm next to the wall.
- Put the fingertips of your hand on the wall and slide your hand up the wall, without leaning your body towards the wall.
- Step toward the wall as you move your arm up.
- Repeat the exercise by sliding your hand down the wall.



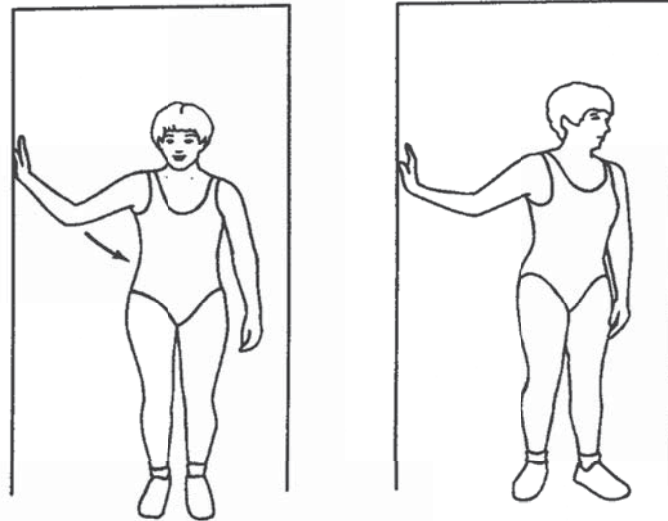
Corner Stretch

- Stand in a corner, with your hands and forearms on the wall.
- Step into the corner with your hands and forearms pressing against the wall.
- Hold for 5 seconds.



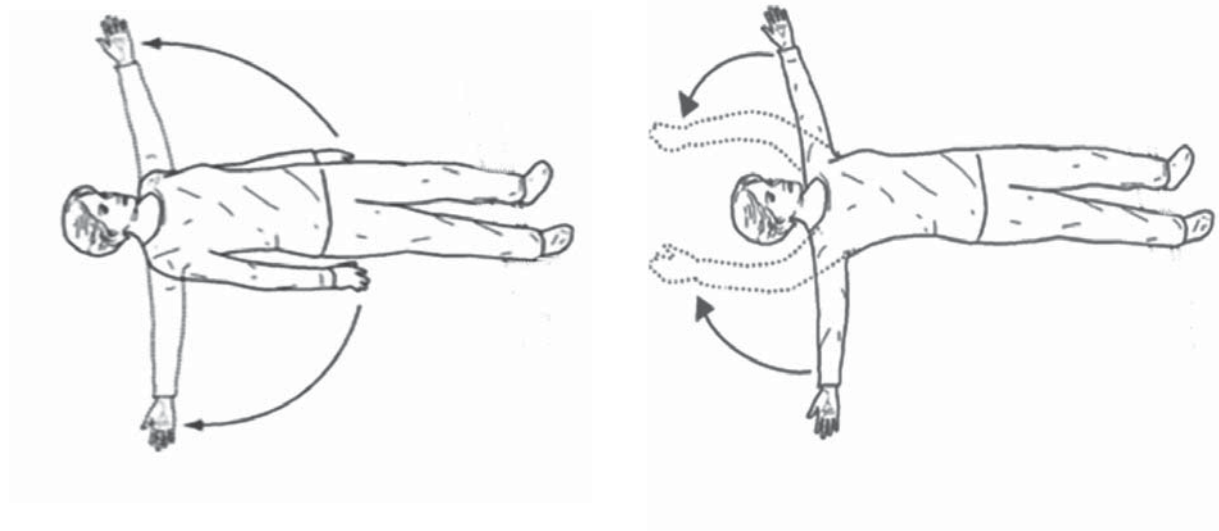
Chest Stretch

- Put your hand and forearm on the doorframe.
- Your elbow should be bent at a 90° angle.
- Turn your body away from your arm.
- Hold for 5 seconds.



“T” and “Y” Stretch

- Lie on your back with your arms stretched out in a “T” position.
- Hold this position for at least 3 minutes.
- If this stretch becomes too easy for you, place a rolled towel up and down the length of your spine.
- Repeat with your arms stretched above your head in a “Y” position.



Side Bending

- Clasp your hands together in front of your body and lift your arms slowly until they are directly over your head.
- When your arms are over your head, bend your trunk to the right while bending at the waist and keeping your arms straight.
- Return to the starting position and bend to the left.
- Repeat 5 to 7 times.

