

# Post 1st Rib Resection Surgery

## Exercise Program

The physiotherapist will help you with the exercises shown in this pamphlet. Exercises are started in the hospital and should be continued at home. Sometimes you will need to continue to see a physiotherapist after you are discharged from the hospital.

## Exercises

- Exercises to be done 3 to 5 times daily.
- Do each exercise 10 times, unless otherwise marked.
- Do in front of a mirror, if possible.

Do each exercise **SLOWLY** and with **CONTROL**.  
Remember to move in your **PAIN-FREE** range.

- Do **NOT** force any movements.

Do each exercise 10 times, 3 times a day.

Progress to 10 times, 5 times a day after 1 week.

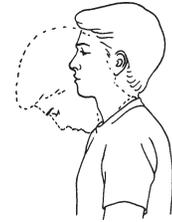
### 1. Posture Check

Keep your shoulders back, head up and chin tucked in.

## 2. Neck Stretches

Hold each stretch comfortably for 20 seconds.

- a) chin to chest



- b) with head erect, turn to each shoulder



- c) with nose pointing forward, tilt head to each side so that ear comes near the shoulder



## 3. Shoulders

- a) shrug shoulders straight up towards your ears, relax and then let them down



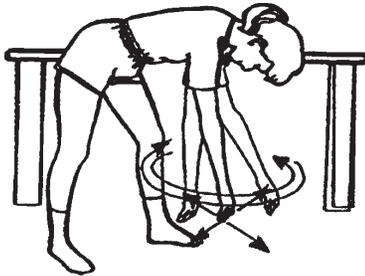
- b) roll shoulders forward and then backward in a circular motion



## 4. Pendular Exercise

Bend over from your waist and let your arm hand loosely in front of you.

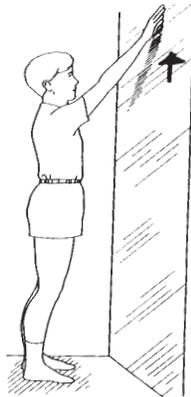
- a) Gently circle your arm in a clockwise direction, trying to make a larger circle each time. Repeat circling counter-clockwise, 10 times each way.



- b) Gently swing your arm forward and backward trying to go slightly higher each time, 10 times each way.

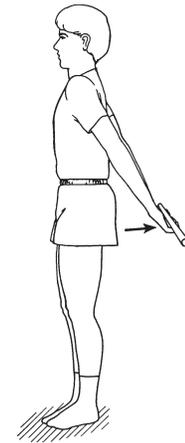
### Progress to these assisted exercises

5. Stand facing a wall with your hand resting on the wall and your elbow straight. Slowly walk your fingers up the wall until you start to feel a stretch. Slowly walk the arm back down.

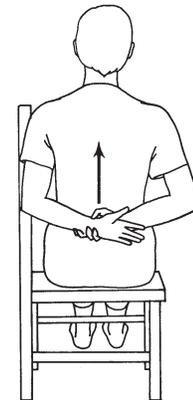


6. Repeat the above exercise with the arm out to the side.

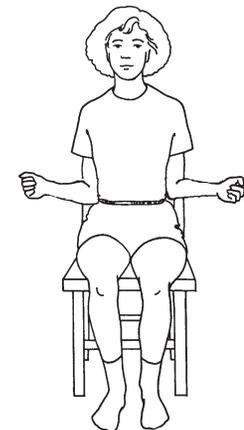
7. While standing, hold your hands behind your back, with a towel/stick held tightly between them and keeping your elbow straight, lift your arms away from your body until you start to feel a stretch. Slowly lower to starting position.



8. While sitting, hold your wrist on the operated side behind your back, and lift your arm up your back along the spine until a stretch is felt. Slowly lower.



9. Keeping your elbow bent at a 90 degree angle and your elbows tucked in at your rib cage, bring your hands away from each other as if opening a book. Go only as far as pain allows. Slowly bring your hands back together.



- When your pain has almost disappeared, (2 to 3 weeks following surgery), do exercises 5 through 9 using the affected arm without assistance from the good one.
- When you are free from pain, do the exercises with a small weight in your hand on the affected side. This will strengthen your muscles. Start with a 1 lb. weight.
- Daily functional activities performed in your pain-free range are a good form of exercise.
- Consult your physician if you experience any difficulties (i.e. tingling or numbness in the hand or arm) or increased pain doing these exercises.



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