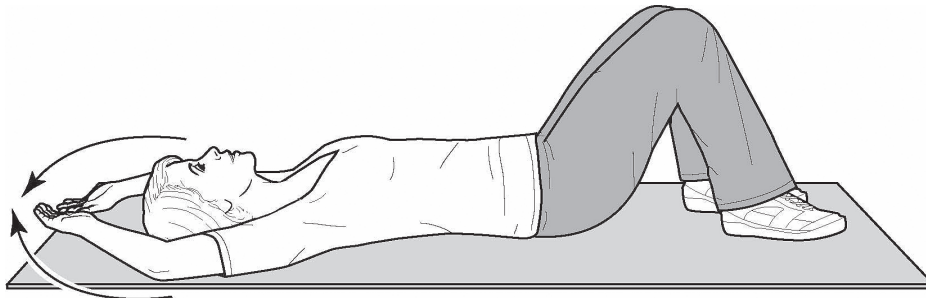
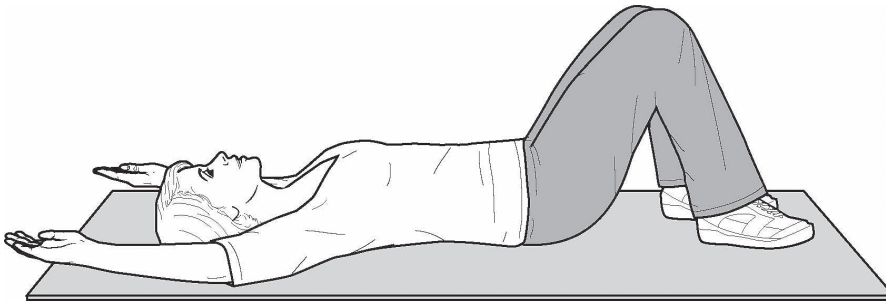


# Axillary Web Syndrome Exercise Program

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## Snow Angel

1. Lie down on your back. It may help to use a rolled up towel under your neck for support.
2. Straighten your arms above your head with the palms of your hands facing up.
3. Slowly slide your arms up toward your head until you feel a gentle stretch.
4. Hold this stretch for \_\_\_\_\_ seconds.
5. Slowly return to starting position.
6. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.

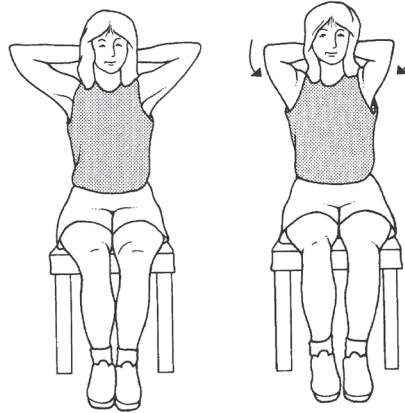


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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Butterfly Wings

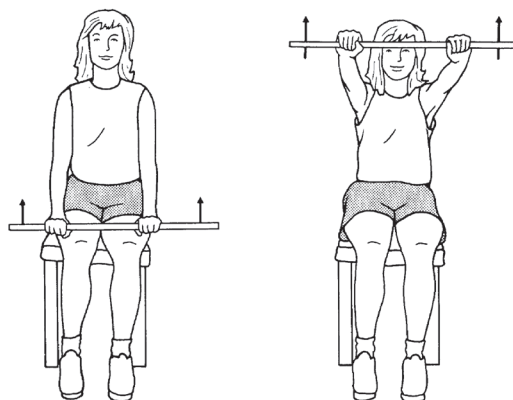
1. Sit in a chair with your head up and back straight. You may also do this exercise lying down on your back.
2. Place both hands behind your neck and point your elbows forward.
3. Let your elbows fall out to your side until you feel a gentle stretch.
4. Hold this stretch for \_\_\_\_\_ seconds.
5. Slowly return to starting position.
6. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Shoulder Flexion with Wand

**Use a wand, dowel rod, stick or cane to do this exercise. You may sit in a chair or lie down on your back.**

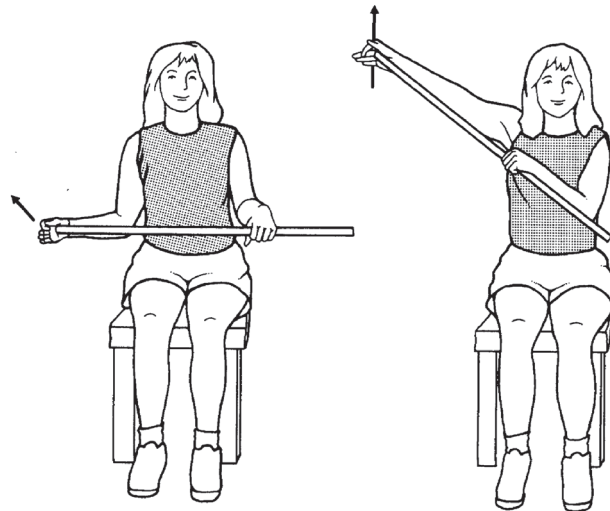
1. Hold the wand flat across your hips with your elbows straight and your palms down.
2. Slowly lift the wand up over your head as far as you can go or until your elbows are near your ears.
3. Hold this stretch for \_\_\_\_\_ seconds.
4. Slowly return to starting position.
5. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Shoulder Abduction with Wand

**Use a wand, dowel rod, stick or cane to do this exercise. You may sit in a chair or lie down on your back. Your therapist will tell you what arm to use when you do this exercise.**

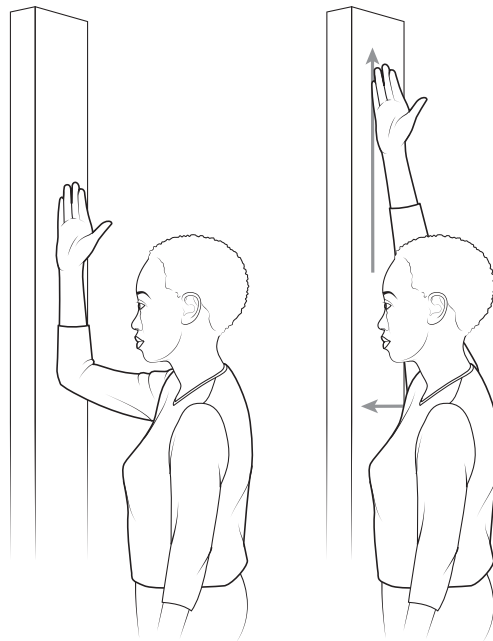
1. Hold the wand flat across your hips. Place the palm of your \_\_\_\_\_ hand up. Place the palm of your \_\_\_\_\_ hand down.
2. Gently move the wand toward your \_\_\_\_\_ side. Slowly push up as if you were making a snow angel.
3. Use your \_\_\_\_\_ hand to slowly move the wand up until you feel a stretch in your \_\_\_\_\_ side.
4. Hold this stretch for \_\_\_\_\_ seconds.
5. Slowly return to starting position.
6. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Forward Pinky Slide

**Your therapist will tell you what arm to use when you do this exercise.**

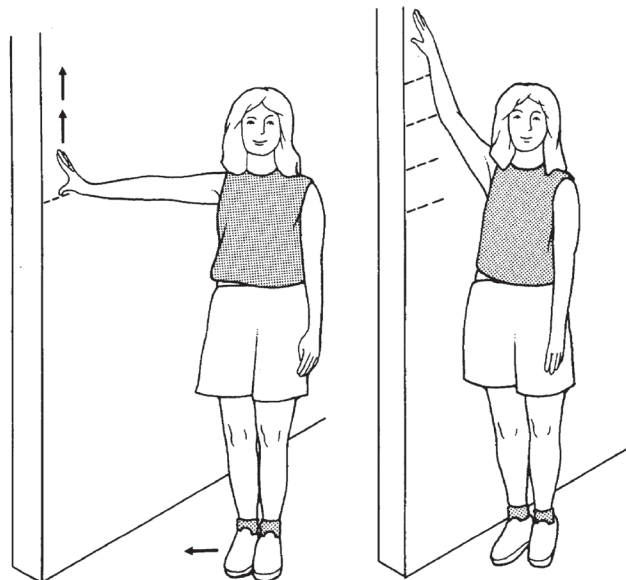
1. Stand facing a wall. Extend your \_\_\_\_\_ arm directly in front of you. Rest your forearm on the wall with your pinky finger against the wall.
2. Take a step in toward the wall. Let your arm slide up the wall so that your pinky finger is the only finger that touches the wall and you feel a gentle stretch.
3. Hold this stretch for \_\_\_\_\_ seconds.
4. Step back and slowly lower your arm down back to starting position.
5. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Sideways Pinky Slide

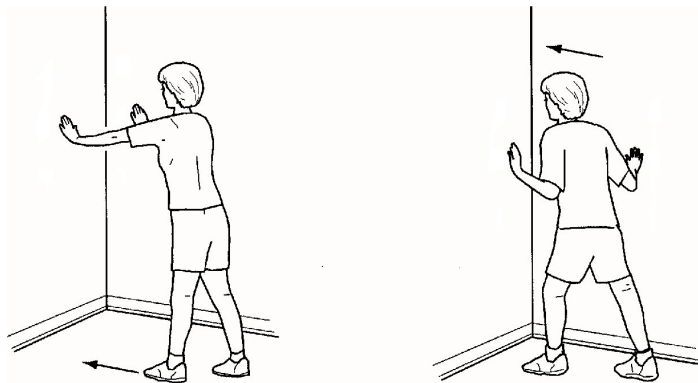
**Your therapist will tell you what arm to use when you do this exercise.**

1. Stand with your \_\_\_\_\_ side closest to the wall.
2. Place your forearm and pinky finger against the wall. Slowly slide your hand up the wall.
3. Step toward the wall as you move your arm up. Do not let your abdomen (belly) touch the wall.
4. Hold this stretch for \_\_\_\_\_seconds.
5. Slowly step back and lower your arm down back to starting position.
6. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Corner Stretch

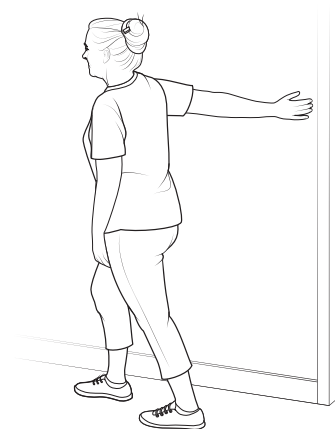
1. Stand in a corner with your hands and forearms flat on the wall. Move your feet shoulder-width apart.
2. With one foot, take a small step toward the wall.
3. Slowly lean your body forward into the corner until you feel a gentle stretch across your chest.
4. Hold this stretch for \_\_\_\_\_ seconds.
5. Slowly return to starting position.
6. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## Chest Stretch

**Your therapist will tell you what arm to use when you do this exercise.**

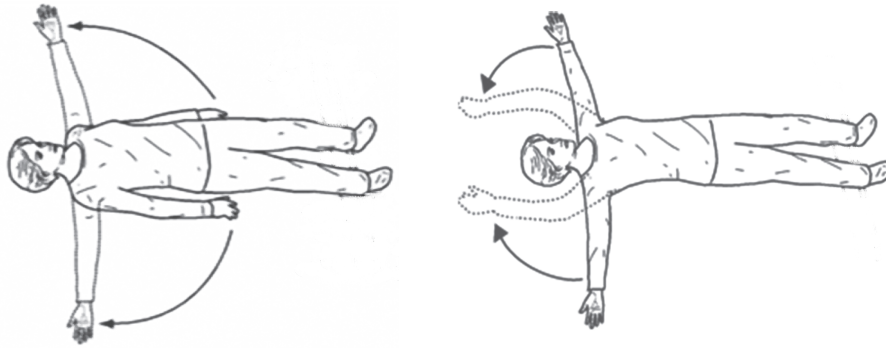
1. Stand next to a wall with your \_\_\_\_\_ arm stretched out to your side. Put your palm flat against the wall.
2. Turn your body away from your arm until you feel a gentle stretch.
3. Hold this position for \_\_\_\_\_ seconds.
4. Slowly return to starting position.
5. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.



## “T” and “Y” Stretch

1. Lie on your back with your arms stretched out in a “T” position. Hold this stretch for \_\_\_\_\_ seconds.
2. Move your arms up, above your head in a “Y” position. Hold this stretch for \_\_\_\_\_ seconds.
3. Do each exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.

If this stretch is too easy, place a rolled up towel or foam roller down the length of your spine.



## Side Bending

1. Clasp your hands together in front of your body and slowly lift your arms up until they are directly over your head.
2. With your arms over your head, slowly bend at your waist to the side. Keep your arms straight up.
3. Hold this stretch for \_\_\_\_\_ seconds.
4. Slowly return to the starting position and repeat on your other side.
5. Do this exercise \_\_\_\_\_ times, \_\_\_\_\_ times each day.

