

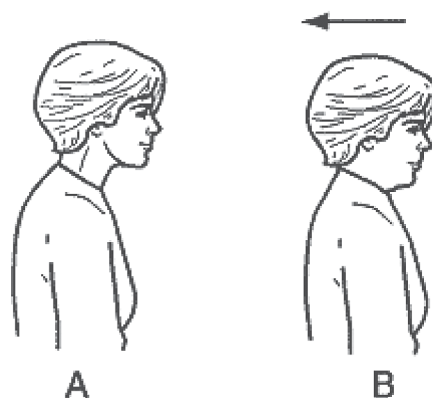
Shoulder Exercises after a Neck Dissection

Your spinal accessory nerve may be affected or removed during your neck dissection. This nerve controls your shoulder muscles that lift your arms out to the side of your body. After your surgery, your shoulder muscles may be weak and you may have problems getting dressed or be unable to lift things over your head.

Your physical therapist will teach you exercises that you can do at home to keep your arms strong and working well. It is important to do these exercises at a slow pace. Talk to your physical therapist if you have any questions about these exercises.

Chin Tuck

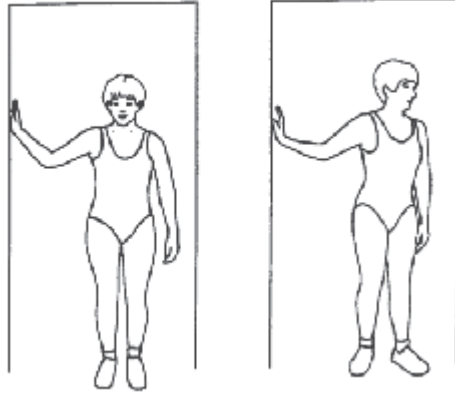
- Pull your chin back like you are trying to make double chin.
- Hold for 5 seconds and then relax.
- Do this exercise 10 times, _____ times each day.



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

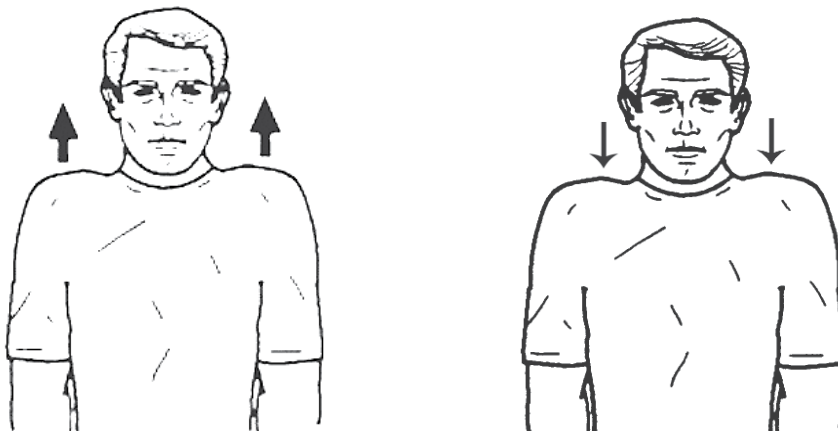
Chest Stretch

- Stand next to a wall with your arm stretched out to your side. Put your palm flat against the wall.
- Turn your body away from your arm until you feel a comfortable stretch across your chest.
- Hold for _____ seconds and slowly return to starting position.
- Do this exercise _____ times, _____ times each day.



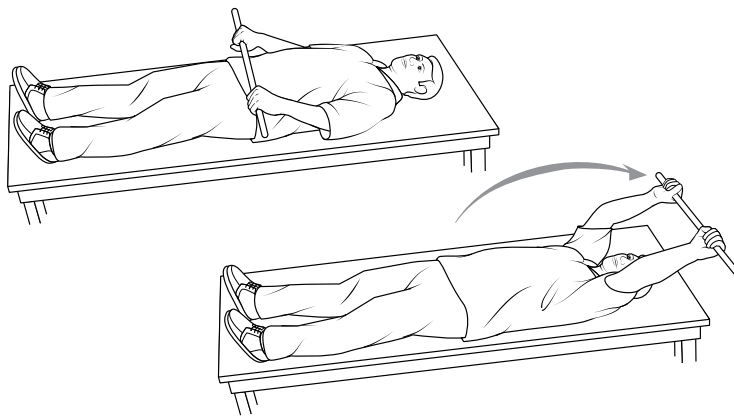
Shoulder Shrug

- Breathe in (inhale) and lift both shoulders up toward your ears.
- Breathe out (exhale) and move your shoulders back to starting position.
- Inhale and pull your shoulders down as far as you can.
- Exhale and move your shoulders back to starting position.
- Do this exercise _____ times, _____ times each day.



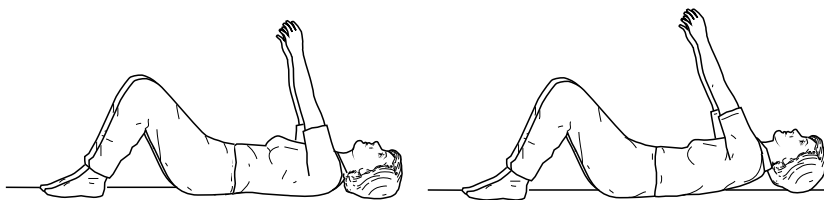
Shoulder Flexion with Wand

- Lie down on your back with knees bent and feet flat.
- Hold the wand flat across your hips with your elbows straight and your palms facing down.
- Lift the wand up over your head as far as you can. Use your arm on the opposite side of your surgery to help lift the wand up until you feel a stretch in your arm on the side you had surgery.
- Hold the stretch for 5 seconds and then slowly lower your arms back to starting position.
- Do this exercise _____ times, _____ times each day.



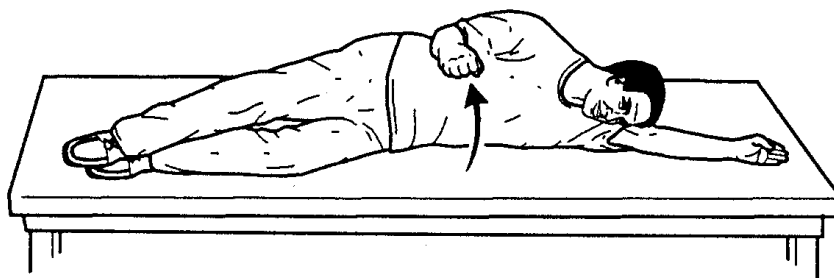
Ceiling Punches

- Lie on your back with your knees bent and feet flat on the floor.
- Keep your arms straight and raise them up toward the ceiling, shoulder-width apart with your palms facing each other.
- Lift your shoulders off the floor and reach your arms up toward the ceiling.
- Slowly lower your shoulders back down to starting position.
- Do this exercise _____ times, _____ times each day.



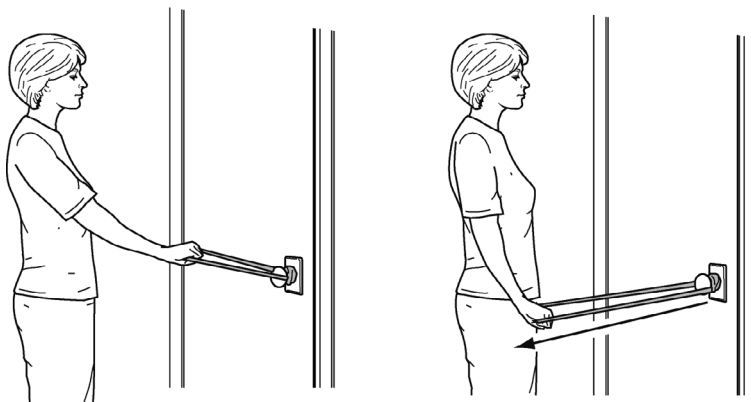
Sidelying External Rotation

- Lie on the side opposite of your surgery. Bend your upper arm at your side with your elbow bent at 90 degrees. Rest your hand on the floor or table.
- Place a rolled up towel under your elbow.
- With your upper arm fixed at your side, turn your palm away from your belly.
- Hold this position and then slowly lower your arm back to starting position.
- Do this exercise _____ times, _____ times each day.



Shoulder Extension

- Loop your theraband around a doorknob. The theraband should be at the level of your waist.
- With your arm forward and your elbow straight, pull back on the theraband as far as you can.
- Slowly return your arm back to starting position.
- Do this exercise _____ times, _____ times each day.



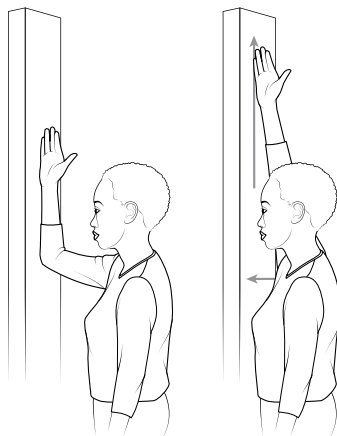
Shoulder Blade Squeeze

- Bend your elbows to about 90 degrees. Keep your elbows close to your body and gently squeeze your shoulder blades together.
- Do not lift up your shoulders.
- Hold for 5 seconds and slowly return to starting position.
- Do this exercise _____ times, _____ times each day.



Forward Pinky Slide

- Stand facing a wall. Place both pinkies on the wall directly in front of you.
- 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 comfortable stretch.
- Hold this stretch for _____ seconds.
- Step back and slowly lower your arm down the wall until you have returned to starting position.
- Do this exercise _____ times, _____ times each day.



Sideways Pinky Slide

- Stand close to a wall. Place your pinky finger on the same side as you have had surgery on the wall beside you. Slide your hand up the wall until you feel a comfortable stretch.
- Lean in toward the wall for a stronger stretch.
- Hold this stretch for _____ seconds.
- Slowly step back and lower your arm down the wall until you have returned to starting position.
- Do this exercise _____ times, _____ times each day.

