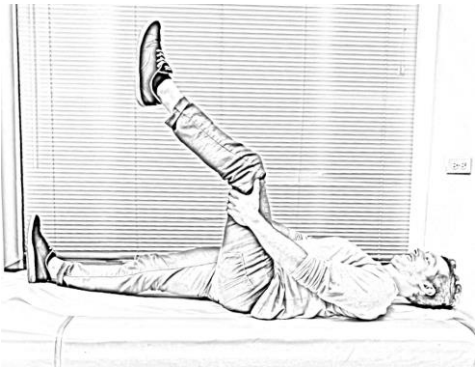


Before surgery, you can do activities that will help you recover better afterward. Complete these activities daily to help your muscles become more balanced and help your chest wall adjust more easily after your surgery:

1. Hamstring Stretch



Lie on your back and bring your knee over your hip. Hold your thigh with both hands. Slowly straighten the bottom part of your leg up to the ceiling until a comfortable stretch is felt in the back of your leg. Hold for 30 seconds. Repeat 3 x on each side.

2. Chest Stretch



Roll a towel up lengthwise and place it along your spine lying down on your back. Then place arms in goal post position to feel a stretch across your chest.

Hold for 2 minutes moving arms up towards your head or down towards your hips (still in a goal post position) to change the stretch as needed.

3. Shoulder Blade Squeezes



Lie on your stomach with your forehead resting on the mat and arms down by your sides, palms facing down. Lift your head, shoulders and upper chest off the surface. Then squeeze your shoulder blades together as you float your arms by your sides. Hold for 5 seconds. Maintain looking down at the surface. Repeat 10 x.

This will help improve your posture and allow for proper healing in a good alignment:



Practice sitting up with good posture! Start with sitting up tall with weight on your “sit bones”. Bring your shoulders back and open up your chest. Keep your head directly over your shoulders. Each time you sit down, practice this posture until you get tired. Try to increase the time you are able to keep that posture each time you try it.

This will help you breathe more easily and decrease pain:

Sit up tall with good posture and take a deep breath in through your nose, filling your whole chest with air. You should feel your chest move out in all directions. Breathe in to the count of 10. Then breathe out to the count of 10. Try this 10 x an hour.