

PHYSICAL REHABILITATION GUIDELINES

following

TOP/CHEST CONSTRUCTION SURGERY

ABOUT THIS PROGRAM:

- This post-surgical rehab program was developed by [DOCKSIDE PHYSIOTHERAPY](#) in collaboration with [DR. HOMAN CHENG](#) in Victoria, BC, Canada. It also received incredibly helpful feedback and insight from two of our clients who have lived experience of this surgery.
- This rehab program is different to most as there are **no restrictions in reaching overhead** post-surgery. You are free to do this at any point, but be sure to monitor the level of pain and stretch intensity through your chest when reaching. If this motion feels very tight or uncomfortable, then you may want to keep this movement to a minimum for the first week or so after surgery... but don't avoid it completely! You need to be able to live your life, as well as prevent having stiff or sore shoulders from lack of movement.

PAIN WITH EXERCISE:

- Ideally, you should choose exercises that feel a bit challenging and fatiguing in your sore region(s) without any discomfort, but having a little bit of pain with exercise is actually okay! As long as you feel you are in a "sore but safe" zone and the amount of pain felt is acceptable to you – generally this zone is where pain is low (1-2/10).
- The sweet spot is where you feel low discomfort during the exercises and this discomfort eases immediately after finishing or settles down back to baseline within a few hours of finishing the exercises. You should feel fine the next day too (i.e. not waking up with exercise regrets!)
- "NO PAIN, NO GAIN" DOES NOT APPLY HERE as we are not trying to hit the extremes of discomfort!
- If symptoms persist or increase after the exercises, then it means the parameters need to be changed – that being either lessening the intensity of the stretch you feel, performing a smaller range of motion, performing fewer reps of a particular exercise, etc.

EXERCISE PROGRAM DISCLAIMER:

- It is strongly advised that you consult a qualified healthcare professional before starting any exercise program, especially if you have pre-existing medical conditions, injuries, or if you are pregnant.
- This program does not replace professional medical advice. You assume all risks associated with the exercises and activities suggested in this program and you are responsible for your own health and safety.
- Make sure you feel physically capable to perform the exercises in this program. You are responsible for modifying or avoiding exercises that may be beyond your current abilities or feel like they are causing harm. Stop immediately if you experience moderate to high pain/discomfort, dizziness, or any unusual symptoms, and please seek medical attention.
- Read the descriptions and ensure proper form and technique as best you can. Always use appropriate equipment that is well maintained and keep a safe exercise environment at all times.
- By participating in this program, you release the creators, instructors, and distributors from any claims or damages arising from your participation.
- Remember, this is a general program only and should not replace specific professional medical advice that may be unique to you.
- If you have any concerns about your health or safety, please contact your surgeon, family doctor, or other trusted member of your healthcare team.

WEEKS 0-6

RESTRICTIONS SUMMARY


- Your surgeon will require you to wear a post-operative compression vest day and night for 6 weeks after surgery - you can remove it to have a shower or bath
- You'll need to avoid activities that cause **pulling across the chest** for 6 weeks
- You'll also need to avoid heavy lifting and strenuous activity for 6 weeks

EXERCISES: WEEK 1 / DAYS 0-6


CARDIO

WALKING

- o If you are able to walk, aim for 20 minutes or 2,000 steps per day, unless you have medical complications that require you to stay immobile.
- o If you have a limited ability to walk, it's okay to set a lower step goal per day.
- o If you use mobility aids, such as a walker or cane, you can still use them after top surgery.
- o If you use a wheelchair, consult with your surgeon and medical team about blood clot prevention if this has not been discussed.

 **TIP:** You can track your step count or movement easily on most phones and smartwatches.




 **GOAL:** Keep the airways in your lungs open to lower the chance of blood clots by improving oxygenation to tissues. You'll want to keep this up over the next few weeks to prevent too much deconditioning.


BREATHING & POSTURE

BREATHING OPTION 1: DIAPHRAGMATIC

- o In sitting or lying down (if you are able), place a folded towel around your lower ribs and cross your arms to grab onto the ends of the towel as shown in the picture (right hand holding left-side end of towel, left hand holding right-side end of towel)
- o Pull on the towel with both hands to snug it up against your ribcage and maintain this light tension throughout the exercise
- o Breathe IN deeply and feel your ribs widen and lightly press into the towel to increase tension in it – your hands will move away from each other
- o Pause here for 1-2 seconds
- o Breathe OUT and feel your ribs sink back towards your center releasing the tension in the towel – your hands will move back towards each other
- o Repeat this for 10 breaths, 2-3x per day



 **GOAL:** Gently get ribs and scars moving. Get your diaphragm into the game more and shift work away from upper chest, neck, and shoulder muscles.

 **TIP:** If you have been instructed to wear a vest or wrap after surgery, you can leave it on during this exercise. If you have been told you can take your vest or wrap off for a few minutes per day, consider trying this breathing exercise when it is off.

BREATHING OPTION 2: BELLY

- In sitting or lying down (if you are able), place one hand on your chest and one hand on your stomach
- Breathe IN deeply and feel your stomach expand out into your hand while keeping the hand on your chest relatively motionless (i.e. no chest movement)
- Pause here for 1-2 seconds
- Breathe OUT and feel your stomach sink back towards your center
- Repeat this for 10 breaths, 3-4x per day

TIP: If you have a history of binding your chest (especially for 8+ hours per day), you may notice that your ribs don't move much with Option 1. As such, this Option 2 exercise may work better as you'll be able to "feel" something happening (i.e. belly movement) compared to ribs that may not be moving well at this point.



GOAL: Gently get ribs and scars moving. Get your diaphragm into the game more and shift work away from upper chest, neck, and shoulder muscles.

POSTURE 1: SEATED BACK EXTENSIONS

- Sit in a chair with a sturdy backrest – ideally, the top of the backrest should be tall enough to reach and run along the middle of your upper back
- Cross your arms over your chest and take a breath in
- Lean back as you exhale until you feel a comfortable stretch/pressure along the middle of your upper back – you may experience a few pops (and that's ok!)
- Pause here for 1-2 seconds then return back into upright sitting
- Repeat for 1 minute, 1-2x per day
- Feel free to play around with chairs that have different backrest heights to target other areas of your upper back



GOAL: Mobilize the joints in your upper back and ribs if you have been experiencing stiffness/tension here, especially if you were binding your chest a lot prior to surgery.

POSTURE 2: SHOULDER ROLLS/RETRACTIONS

- In sitting or standing, roll both shoulders in a circular motion, rolling from front to back, taking about 5 seconds per roll
- If this is uncomfortable, try pulling your shoulder blades back slowly over 5 seconds, pausing here for 1-2 seconds
- Relax your shoulders, then repeat
- Perform either exercise for 1 minute, 1-2x per day



GOAL: Provide a gentle stretch across your chest and offer some movement variety to your shoulders (especially if you feel you have been slouching a lot since surgery)

POSTURE 3: SHOULDER OUTWARD ROTATIONS

- In sitting or standing, hold onto the ends of a resistance band with both hands
- Set your shoulder blades up and back slightly and bend your elbows to 90°, arms lightly touching the side of your torso
- Maintain this position as you pull on the band so your hands move away from each other and arms rotate outwards
- Slowly release the band back to the start position and then repeat
- Perform 2 sets until fatigued (making a note of the number of reps) and see how you do), 1x per day



GOAL: Start strengthening your shoulders (rotator cuff) and postural muscles while placing minimal stress on your chest

EXERCISES: WEEK 2 / DAYS 7-13 (add-on to the previous week's exercises)

SPINE & CHEST MOBILITY

ROTATION OPTION 1: SEATED

- Sit upright in a chair with your feet on the ground
- Place your left hand on your outer right thigh and right hand on right side of the chair
- Turn your body to the right until you feel a comfortable stretch, assisting as much as you need/want from pulling with your arms
- Pause here for 1-2 seconds, then return back to the middle
- Switch your hand position and perform the same as above with turning your body to the left
- Repeat for 1 minute in total, 1-2x per day



GOAL: Gently increase scar mobility with torso turning/rotation movements in an upright position.

TIP: This option might be more suitable for you if you are having a difficult time getting in/out of a lying down position.

ROTATION OPTION 2: LYING DOWN

- Lie down on your back with both knees bent so your feet are flat on the ground
- Keeping both shoulders on the ground, rotate your hips and drop both knees to the left until you feel a comfortable stretch
- Pause here for 1-2 seconds, then rotate your hips and drop both knees to the right until you feel a comfortable stretch
- Rotate from side to side for 1 minute in total, 1-2x per day



GOAL: To gently increase scar mobility with torso turning/rotation movements in a lying down position.

TIP: This option might be more suitable for you if you are not having any difficulties getting in/out of a lying down position.

ROTATION OPTION 3: LYING DOWN, ARMS OUT

- Lie down on your back with both knees bent so your feet are flat on the ground, and rest your arms on the ground out to your sides
- Keeping both shoulders on the ground, rotate your hips and drop both knees to the left until you feel a comfortable stretch
- Pause here for 1-2 seconds, then rotate your hips and drop both knees to the right until you feel a comfortable stretch
- Rotate from side to side for 1 minute in total, 1-2x per day



GOAL: Further increase scar mobility with torso turning/rotation movements in a lying down position.

TIP: If your arms can't reach the ground (or if it's really uncomfortable to do so), try placing pillows underneath each arm to raise them up a bit

SCAR DESENSITIZATION

INDIRECT: AROUND THE SCAR

- Perform this exercise when you take your vest off for hygiene
- Be sure to wash your hands prior to this exercise to avoid introducing bacteria
- Grab a clean small soft towel and roll it up so you can easily grasp it with one hand
- Using either hand, lightly brush/stroke the skin **AROUND** the scar (not directly on it for now)
- It may feel “weird” or uncomfortable to touch this area as the nerves start to grow back in and regenerate, but this is totally safe and normal to feel
- Aim for 1 to 3 minutes around each scar, 1-2x per day
- Be sure to brush/stroke the skin above, below, and to the sides of each scar



GOAL: Decrease pain and hypersensitivity to gradually increase your body's tolerance to touch around a scar; Help your brain recognize your new body outline – think of it like updating your topographical map :)

EXERCISES: WEEK 3 / DAYS 14-20 (add-on to the previous week's exercises)

SCAR MOBILITY

SCAR PUSH-UPS

- Place both hands just underneath the scar on your right side
- Lightly press into your chest so your fingers can get some grip onto the tissue, then push the skin under your scar upwards
- Push up towards your head as far as you feel comfortable (ideally you should notice a mild to moderate pull) and pause here for 1-2 seconds
- Relax the tissue back down and repeat for 10 repetitions in total
- Switch sides and position both hands under your left scar and repeat for another 10 repetitions
- Perform 1-2x per day



GOAL: Assist the scar with moving upwards to help reaching overhead feel more comfortable.

IMPORTANT: Ensure you stay *UNDER* the scar for now! Pulling upwards from *ABOVE* isn't dangerous, but **pulling from the top may open up the scar if it is not fully healed.**

SCAR PUSH-UPS WITH OVERHEAD REACH

- If you have been feeling ok with reaching overhead, then try this out!
- Place your left hand underneath the scar on your right chest
- As you reach up with your right arm, use your left hand to shift the scar upwards at the same time
- Perform for 10 repetitions, then switch your arm and hand position and repeat for another 10 repetitions on your left side, 1-2x per day



GOAL: Further increase the skin and scar's ability to glide upwards that naturally occurs with reaching overhead.

SCAR DESENSITIZATION

DIRECT: ON TOP OF THE SCAR

- At this time, scar desensitization can involve light touch directly on top of the scar (instead of just around it)
- Again, make sure you have clean hands and a clean towel!
- Using either hand, lightly brush/stroke along the scar, slowly away from your midline and towards your midline
- Aim for 1 to 3 minutes per side, 1-2x per day



GOAL: Further decrease pain and hypersensitivity to gradually increase your body's tolerance to direct touch to your scars.

EXERCISES: WEEK 4-6 / DAYS 21-41 (add-on to the previous week's exercises)

- Start with low-to-moderate intensity weight-training and resistance exercises that do not involve your chest muscles
- **Feel free to add in a few lower body exercises to this routine**, such as squats, lunges, calf raises, glute bridges, etc when you are ready
- **⚠ IMPORTANT:** Some exercises involved lying down flat – if you are unable to get in/out of a lying position due to a medical restriction or discomfort, consider doing the exercises in a recliner or prop your torso up using a wedge or stack of pillows so your upper body is on a bit of an upward angle

ADVANCED SCAR MOBILITY

SCAR MASSAGE

- This can begin when the incisions are fully closed, which is usually around 21 days post-surgery. To be on the safe side, ensure to **get permission from your medical team** before starting scar massage.
- This exercise is quite unstructured in terms of how to perform it – what you do is dependant on what you notice moving the scar around in different ways
- Try placing your hands on the scar and moving it around in circles (clockwise and counterclockwise), side to side, up and down, stretching it by pulling your hands away from each other, pushing it together by moving your hands towards each other, etc
- If you notice the scar doesn't move well in certain spots or in certain directions, spend time moving this spot around for 1-2 minutes, then move onto another spot
- Perform 2-3x per day



🎯 GOAL: Further increase scar mobility in all directions.

💡 TIP: Scar massage can be replaced by scar desensitization, although you can continue scar desensitization if you find it beneficial. Some people find it helpful to perform desensitization before massage, but feel free to play around with the order to see what works best.

ADVANCED CARDIO

RUNNING, JOGGING, INCLINE WALKING...

- You are now free to chose a more intense activity – other options: cycling, elliptical, stair climbing, water-walking/aqua-jogging... pretty much anything that gets your heart rate up so you are working at a moderate level (and that you enjoy doing!)
- Aim for 15-20 minutes each day or every other day depending on how you feel after – you'll want enough time between these cardio sessions to feel recovered/refreshed before performing it again

💡 TIP: Be mindful of the sensations around your scar. Some people can experience tingling/sparkling due to scar movement – this is safe as the nerves are getting used to the movements associated with this type of activity again! These sensations should subside within 1-2 hours after finishing the exercise.




🎯 GOAL: Further increase cardiovascular fitness. Improve rib mobility with deeper breathing.


WEIGHT & RESISTANCE TRAINING

FRONT AND SIDE DUMBBELL RAISES

- In standing, hold onto a small weight or dumbbell in each hand at your sides
- Lift the weights to the front until your arms are parallel with the floor, keeping your elbows straight
- Then slowly lower your arms back down to your sides
- Next, lift the weights to the side until your arms are parallel with the floor, keeping your elbows straight
- Then slowly lower your arms back down to your sides
- Try to avoid shrugging your neck and shoulders to bring the weight up – think about lifting the weights up by using your upper arms
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Perform 2-4x per week




 **GOAL:** Increase shoulder strength.


 **TIP:** If this exercise is too easy, then switch to a heavier weight or slow the movement down (this will increase the challenge by making your muscles work for longer).

BENT OVER DUMBBELL ROWS

- In standing, hold onto a small weight or dumbbell in your left hand
- Place your right hand on the back of a chair or table, place your right foot in front of your left, and bend forwards at your waist
- Row the weight in towards your body by pulling your left arm back and bending your elbow until the weight touches the front of your left hip
- Then slowly lower your arm back down towards the ground
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Switch arm and hand position and perform the same on your right side
- Perform 2-4x per week



 **GOAL:** Increase back and shoulder strength.

 **TIP:** If this exercise is too easy, then switch to a heavier weight or slow the movement down (this will increase the challenge by making your muscles work for longer).

UPRIGHT THERABAND ROWS

- If you have a resistance band, this is an alternative exercise to the BENT OVER DUMBBELL ROWS – chose whichever one feels more comfortable (or do both!)
- Anchor the middle of the band to a handle or doorknob by wrapping the band around/through it
- Hold both ends and step back until you feel a bit of tension build-up in the band when your arms are out straight in front of you
- Stand upright with your chin slightly tucked-in and pull your arms in towards your body, aiming for the top of your stomach
- Then slowly let the band pull your arms away from you until you return to the start position
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Perform 2-4x per week



GOAL: Increase back and shoulder strength.

TIP: If this exercise is too easy, then switch to a harder/thicker band, step further back to put more tension on the band to make it harder to pull, or slow the movement down.

BICEPS CURLS

- Hold onto a weight in each hand with your palms pointing forwards and elbows fully straightened
- Bend your elbows to curl the weights up until your palms finish facing the front of your shoulders
- Then lower the dumbbells back down until your elbows are completely straight again
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Perform 2-4x per week



GOAL: Increase biceps strength.

TIP: If this exercise is too easy, then switch to a heavier weight or slow the movement down.

SKULL CRUSHERS

- Lay on your floor or bed with both knees bent, holding onto a weight in each hand
- Starting with your elbows straight and in front of your shoulders, lower the weight towards the sides of your head until your elbows have reached a 90° bend
- Then straighten your elbows back out until they are fully extended
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Perform 2-4x per week

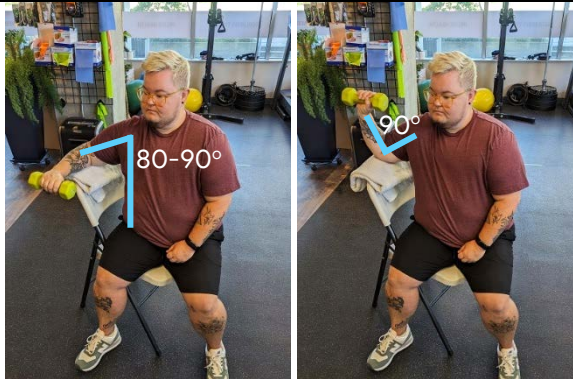



GOAL: Increase triceps strength.


TIP: If this exercise is too easy, then switch to a heavier weight or slow the movement down.

SUPPORTED SHOULDER OUTWARD ROTATION

- Hold onto a weight and place your right elbow on a countertop or chair back so that your shoulder is approx. 80-90°, and your elbow is slightly in front of your body
- Starting with your forearm parallel to the ground, slowly rotate your arm upward and back until it is perpendicular to the ground
- Pause for a moment, then slowly rotate your arm back down until it is parallel with the ground again
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- Switch arm and body position and perform the same on your left side
- Perform 2-4x per week



 **GOAL:** Increase rotator cuff strength.


 **TIP:** Try to keep your elbow bent to 90° for the entire movement. If this exercise is too easy, then switch to a heavier weight or slow the movement down.

SHOULDER RANGE OF MOTION

FLEXION WITH STICK

- Hold on to stick with your right hand at the top and left hand at the bottom – the thumb of each hand should be pointing upwards
- Fully relax your right arm and shoulder as best you can
- Push your right arm up in front of your body using your left arm until a light to medium stretch is felt in the shoulder
- Pause here for 1-2 seconds, then lower your arms back down
- Repeat for 1 minute in total, then switch arm and hand position and perform the same on your left side
- Perform 1-2x per day




 **GOAL:** Increase shoulder flexion motion until full range is achieved (especially if you still feel limited in performing this specific movement).

ABDUCTION WITH STICK

- Hold on to stick with your right hand at the top and left hand at the bottom – the thumb of each hand should be pointing upwards
- Fully relax your right arm and shoulder as best you can
- Push your right arm up and out to the side of your body using your left arm until a light to medium stretch is felt in the shoulder
- Pause here for 1-2 seconds, then lower your arms back down
- Repeat for 1 minute in total, then switch arm and hand position and perform the same on your left side
- Perform 1-2x per day



 **GOAL:** Increase shoulder abduction motion until full range is achieved (especially if you still feel limited in performing this specific movement).

TORSO SIDEBENDS WITH HAND ON HEAD

- Raise up your right arm so your hand is either touching the back of your head or your finger tips touch your right ear
- Bend your torso to the left and slide your left hand down your outer left thigh until you feel a light to medium stretch along your right chest, ribs, and/or lower back
- Pause here for 1-2 seconds, then return back to upright
- Repeat for 1 minute in total, then switch arm position and perform the same on your left side
- Perform 1-2x per day



GOAL: Increase your chest, rib, and spine mobility with side bending motions.

NICE! YOU MADE IT THROUGH THE FIRST 6 WEEKS :)



HIGH FIVE!

NOW THE FUN STUFF BEGINS



WEEKS 6+

RESTRICTIONS SUMMARY

- Resume chest/pectoral muscle focused exercises 6-8 weeks post-surgery.
- You don't have to perform all of the exercises in the CHEST-FOCUSED section within the same workout
 - feel free to divide them up onto different days.
- Experienced lifters looking to get back into lifting higher loads will want to wait 3 months (in most cases) before getting back to their normal workouts.

CHEST-FOCUSED WEIGHT & RESISTANCE TRAINING

ELEVATED PUSH-UPS

- o Place your hands on a countertop or other elevated surface and walk your feet back until you're in a plank position
- o Lower your chest down towards the countertop, then push back up
- o Perform 2 sets until fatigued (making note of the number of reps) with a 1 min rest between sets
- o Perform 2-4x per week

TIP: To make this exercise more challenging, place your hands on a slightly lower surface (e.g. couch or coffee table) or on the ground



GOAL: Build-up pectoral muscle strength and size to improve chest shape/contour, as well as reintroduce weight-bearing through your arms/shoulders.

DUMBBELL CHEST PRESS

- o Lying on your back with knees bent, hold onto a weight in each hand with arms positioned above shoulders
- o Lower your arms and bend your elbows down towards your chest until the backs of your arms lightly touch the ground
- o Then, slowly push your arms back up to the top, finishing with your hands over your shoulders
- o Perform 2 sets until fatigued (making note of the number of reps) with a 1 minute rest between sets
- o Perform 2-4x/wk

TIP: Feel free to lie on a workout bench or foam roller for this exercise. This will allow for greater range of motion through your chest as your elbows will be able to drop lower/behind your body.



GOAL: Build-up pectoral muscle strength and size to improve chest shape/contour.

DUMBBELL PEC FLIES

- This exercise may elicit more of a stretch sensation across the chest compared to the CHEST PRESS, so lower the weight down to a tolerable level
- Lying on your back with knees bent, hold onto a weight in each hand with arms positioned above shoulders
- Keeping your elbows straight, lower your arms down to the floor until they lightly touch the ground – arms should be at a 90° angle to your body (i.e. make a “T” shape)
- Then, slowly bring your arms back up to the top, hands over shoulders
- Perform 2 sets until fatigued (making note of the number of reps) with a 1 minute rest between sets
- Perform 2-4x/wk



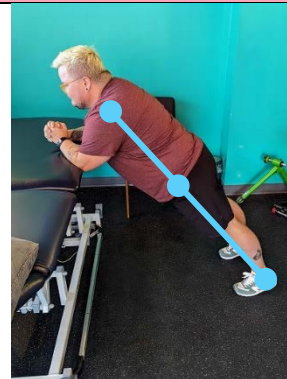
GOAL: Build-up pectoral muscle strength and size to improve chest shape/contour.

CORE TRAINING

ELEVATED FRONT PLANKS

- Place your forearms and elbows on a countertop or other elevated surface and walk your feet back until you're in a plank position
- Run a stopwatch/timer and hold this position until you are fatigued
- Perform 2 sets (making note of the time) with a 1 min rest between sets
- Perform 2-4x per week

TIP: To make this exercise more challenging, place your hands on a slightly lower surface (e.g. couch or coffee table) or on the ground



GOAL: Build-up core (abdominal) strength as well as reintroduce weight-bearing through your arms/shoulders.

ELEVATED SIDE PLANKS

- Place your right forearm and elbow on a countertop or other elevated surface and walk your feet to your left until you're in a plank position
- Run a stopwatch/timer and hold this position until you are fatigued
- Perform 2 sets (making note of the time) with a 1 min rest between sets
- Switch arm and body position and perform the same on your left side
- Perform 2-4x per week

TIP: To make this exercise more challenging, place your hands on a slightly lower surface (e.g. couch or coffee table) or on the ground



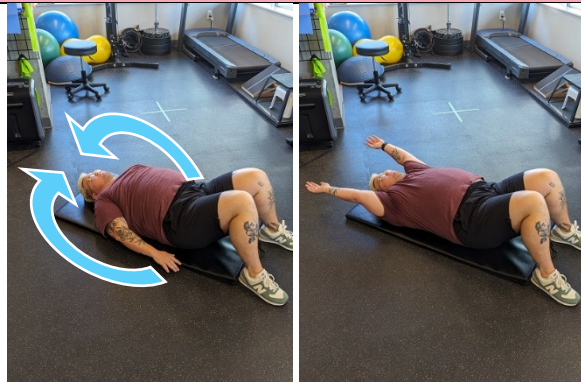
GOAL: Build-up core (oblique) strength as well as reintroduce weight-bearing through your arms/shoulders.

ADVANCED SHOULDER RANGE OF MOTION

SNOW ANGELS ON GROUND

- Lie on your back with knees bent and arms resting at your sides, palms down
- Keeping your elbows straight, raise your arms out to the sides, gently sliding them along the ground
- Allow your arms and palms to naturally rotate upwards during this movement
- Stop when your arms are overhead with palms facing the ceiling
- Pause here for 1-2 seconds, then lower your arms back down to your sides
- Repeat for 1 minute in total
- Perform 1-2x per day

TIP: Feel free to lie on a workout bench or foam roller (with your head supported!) for this exercise. This will allow for a greater stretch across your chest as your arms will be able to drop lower/behind your body.



GOAL: Increase shoulder abduction motion with your chest muscles placed on additional stretch to achieve full range (especially if you still feel limited in performing this specific movement).

ARM CIRCUMDUCTION WITH STICK

- In standing, hold onto the ends of a broomstick (or hockey stick, golf club, etc) with your palms facing down, stick resting on your stomach
- Keeping your elbows straight, raise the stick up in front of your body
- Midway through this movement (i.e. when the arms are overhead), your arms should be in a “Y” shape with palms facing forwards
- **If you feel comfortable to continue**, keep moving the stick behind you, lowering it down until it is behind your body/lightly touching your back
- Pause here for 1-2 seconds, then raise your arms up over your head and back down to the front of your body so the stick returns to resting on your stomach
- Repeat for 1 minute in total
- Perform 1-2x per day



GOAL: Increase shoulder mobility with overhead and behind your body positions.

IMPORTANT: If you have a history of shoulder dislocations (or feelings of instability in your shoulders) **please avoid this exercise or shorten the movement by stopping when your arms reach overhead (middle image).**

RIGHT ON! YOU DID IT 💪

We're sure that was a lot of work, so good on ya for making it all the way through!

If you're looking to progress this exercise program, we suggest reaching out to your local physiotherapist or exercise professional.

If you happen to be in the greater Victoria area,
feel free to reach out to us...

By email - info@docksidephysio.com

By phone/text - 250-590-5840

By social DM - @docksidephysio

If you're holding a paper copy in your hands and you'd like digital version of this program, you can find it here...

<https://docksidephysio.com/resources/rehab-guidelines/top-surgery>

There is also a link to a printable workout log sheet on this webpage to track your progress :)