



# Exercises After 1<sup>st</sup> Rib Surgery

Abbotsford Regional Hospital ♦ Royal Columbian Hospital

Exercise Program for Thoracic Outlet Syndrome Surgery



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# Introduction

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This booklet explains the exercises to do after your first rib resection surgery. The physiotherapist will review your home exercise program with you in the hospital before you go home.

At home:

- Do all of the exercises 3 times a day
- Do each exercise 10 times each time.
- Do each exercise slowly and only as far as you can without pain.
- Do not force any movements.
- Do not lift more than 5 pounds until your surgeon allows this (usually after your next appointment with the surgeon).

You can continue your every day activities such as dressing and eating when you go home. The motions you make when you do these activities are also a good form of exercise. You should not have any pain when you do them.

Call your surgeon or family doctor if you feel any numbness, tingling or pain more than what is normal for you.

As soon as you get home, make an appointment to see a physiotherapist in your community within about 1 week of going home. They will progress your exercises as you recover.

**\*\*Make sure you continue doing the exercises in this booklet until you see your own physiotherapist.**

## Exercises

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### Breathing Exercise

- Place one hand on your tummy.
- Take a long slow breath in through your nose.
- Feel your tummy expand with your hand.
- Breathe out through your mouth.

### Posture Check

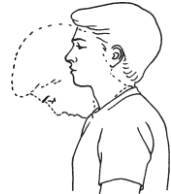
- Keep your shoulders back, head up, and chin tucked in.
- Hold for 5 seconds, then relax.

### Neck stretches

- Hold each stretch for 5 to 10 seconds, then relax.  
Stretch only as far as is comfortable.

a) Chin to chest

Bend your head forward bringing your chin toward your chest and hold.



b) Rotate

Turn your head to look over each shoulder and hold.



c) Ear to shoulder

Facing forward, tilt your head to each side so your ear comes near the shoulder and hold.



## Shoulder Shrugs and Circles

- Lift shoulders straight up towards your ears.
- Relax and lower them.



## Shoulder Circles

- Roll your shoulders forward in a circle.
- Roll your shoulders backward in a circle.

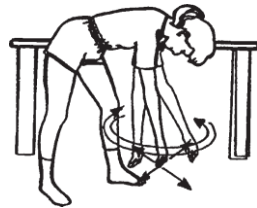


## Pendulum Exercises

- Stand with one hand on a table or surface to help you keep your balance.
- Bend at your waist and let your free arm hang.

### a) Circles

Gently move your arm around in a circle 10 times then move your arm 10 times in the other direction.

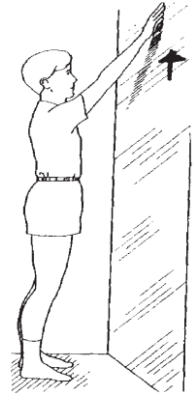


### b) Swing

Gently swing your arm forward and backward, 10 times each way.

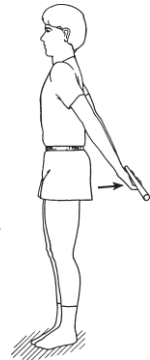
## Wall Walk

- Stand and face the wall.
- Place your hands on the wall in front of you at the level of your hips.
  - a) Upward walk  
Slowly walk your fingers up the wall until you feel a gentle stretch. Slowly walk your fingers back down.
  - b) Sideways walk  
Slowly walk your fingers along the wall to stretch your arm out to the side. Slowly walk your fingers back in.



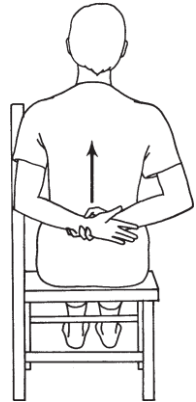
## Arm Stretch

- Hold a towel or stick behind you with your hands.
- Keep your hands shoulder width apart.
- With your elbows straight, move your arms away from your body until you feel a stretch.
- Slowly lower your arms back down to the starting position.



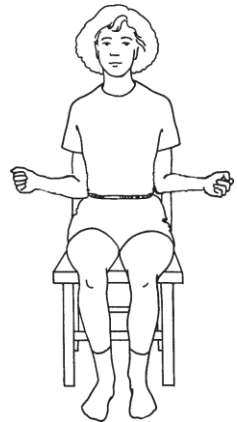
## Hands Behind your Back

- Sit sideways on a chair without armrests.
- Put your hands behind your back.
- Hold the hand on the side operated on with your strong hand.
- Use your strong hand to gently bring your other hand up toward your shoulder until you feel a stretch.
- Slowly lower your hands back to the starting place.



## Elbows Out

- Sit in a chair without armrests.
- Bend your arms at the elbows and tucked against your sides. Your hands should be in front of you.
- Move your hands apart like you are opening a book until you feel a stretch.
- Slowly bring your hands back together.
- When this is easy, put your hands behind your neck. Stretch your elbows out and back.



Adapted from ED.150.P8451 Post 1<sup>st</sup> Rib Resection Surgery Exercise Program  
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