

Your Breast Cancer Surgery

Exercise Log after Your Breast Cancer Surgery

You can do these exercises starting on Day 3 after your surgery with approval from your doctor. Record the date and number of times you did each exercise. (See the next page for Days 10 to 16). Add in any comments about how you felt when doing them.

EXERCISE	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Date:	Date:	Date:	Date:	Date:	Date:	Date:
With your arm raised, open and close your hand 15 to 25 times	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend and straighten your elbow	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend your elbow and touch the shoulder on the same side	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend your elbow and touch the shoulder on the opposite side	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Raise your arms up to shoulder height or whatever is tolerable without pulling on your drains	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Deep breathing 4 to 5 times at least 6 times a Day; try for every hour while awake	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:

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In collaboration with these ACS programs



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EXERCISE	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
	Date:	Date:	Date:	Date:	Date:	Date:	Date:
With your arm raised, open and close your hand 15 to 25 times	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend and straighten your elbow	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend your elbow and touch the shoulder on the same side	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Bend your elbow and touch the shoulder on the opposite side	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Raise your arms up to shoulder height or whatever is tolerable without pulling on your drains	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:
Deep breathing 4 to 5 times at least 6 times a Day; try for every hour while awake	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments:	No. of times: _____ Comments: