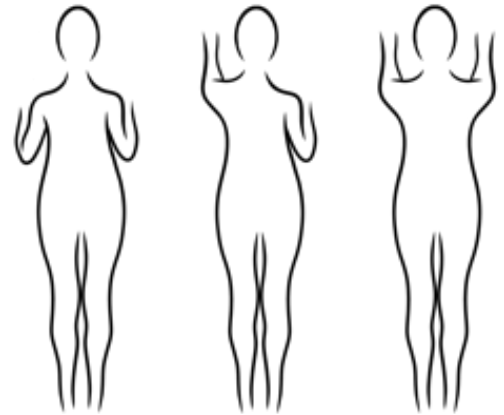


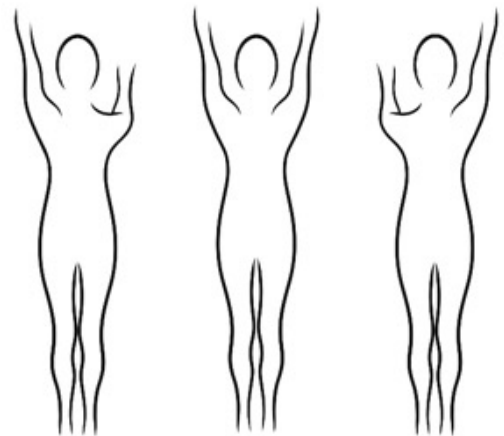
WALL CRAWLS

FOR BREAST AND THORACIC SURGICAL RECOVERY

Stand facing the wall, hands touching the wall, elbows by your sides. Crawl the fingers of one hand up the wall until your elbow is parallel with the floor. Repeat on the other side.



Continue crawling the fingers of one hand up the wall until the arm is as close to straight as possible, WITHOUT allowing the shoulder to rise toward the ear. Repeat on the other side, then start to reverse the process, crawling the hand on one side back to the halfway point.



Continue to crawl the fingers down, one side at a time, until you reach the starting position. Repeat up to 10 times, up to several times a day. You may always benefit from doing this, particularly if you will receive radiation treatment to the surgical area, so make this a part of your daily routine.

