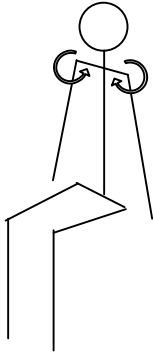


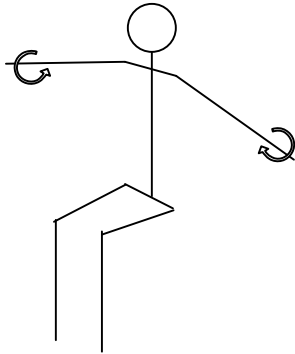
Rapid Return Exercises Following Breast Augmentation

Perform these exercises immediately in the recovery room and at least once circuit each hour while awake until your first post-operative visit. Although these are illustrated in the sitting position they can be performed in the standing position as well. Our goal is to progressively stretch the pectoralis muscle. If the exercises are not performed, the muscle tends to contract and shorten which may cause more discomfort (as is seen with a hamstring pull.) Remember: NO HEAVY LIFTING or SUDDEN MOVEMENTS.



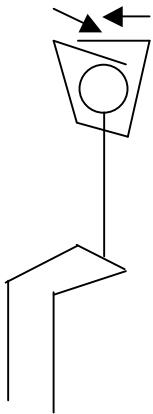
Shoulder Roll

With your arms hanging straight down at your sides, pull your shoulders up toward your ears and roll your shoulders back slowly in a circular motion. Maintain an upright posture and sit at the front of the seat. Roll your shoulders for 10 to 15 repetitions in one direction before reversing direction for an additional 10 to 15 repetitions.



Arm Circles

While seated upright at the front of your seat, hold your arms straight out to each side and slowly rotate your hands in a small circular motion. Complete at least 10-15 revolutions in each direction, rotating forward, then backward.



Arm Stretch

This places the pectoralis muscle on full stretch. Place your arm over the head with your forearm resting on the top of your head while your hand reaches for the opposite ear. Avoid tilting your head. With the other hand, slowly pull on the elbow and hold it as you take a few slow breaths. Hold this position for 10 to 15 seconds with each arm.