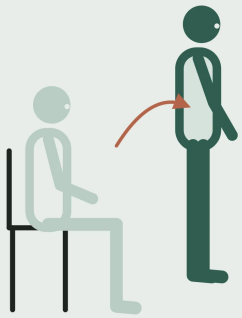
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# My exercise library

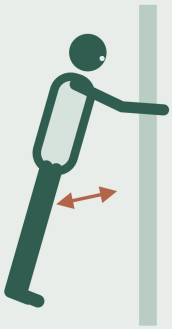
Simple strength and shoulder exercises to do at home. Move slowly and with control, breathe normally, and don't push into pain. Check with your team first, especially after surgery or if you have lymphoedema or bone problems.



Stand up from the chair, then sit down slowly

## Sit-to-stand

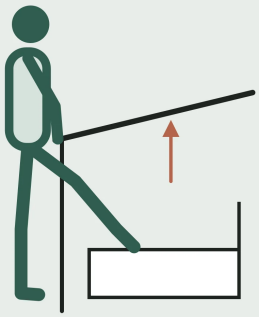
Sit near the front of a sturdy chair, feet flat. Stand up without using your hands if you can, then sit down slowly. Start with 8 to 10.



Bend your elbows to bring your chest to the wall, then push back

## Wall press-up

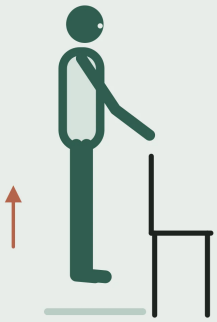
Stand facing a wall, hands on it at shoulder height. Bend your elbows to bring your chest towards the wall, then push back. Start with 8 to 10.



Step up onto the bottom stair, bring the other foot up, then step down

## Step-ups

Holding the banister, step up onto the bottom stair with one foot, bring the other up, then step down. Swap the leading leg. Start with 8 each side.



Rise up onto your toes, then lower slowly

## Calf raises

Holding a worktop, rise up onto your toes, then lower slowly. Start with 10.

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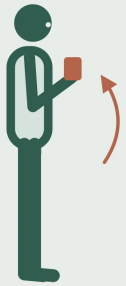
Simple strength and shoulder exercises to do at home. Move slowly and with control, breathe normally, and don't push into pain. Check with your team first, especially after surgery or if you have lymphoedema or bone problems.



Squeeze your bottom and lift your hips, hold, then lower

## Bridge

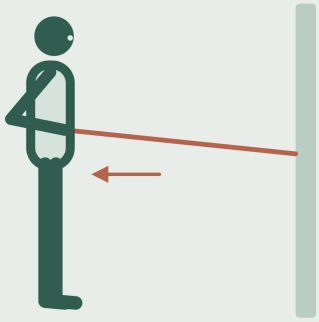
Lie on your back, knees bent. Lift your hips off the floor or bed, hold for a moment, then lower. Start with 8 to 10.



Elbow by your side, lift the tin to your shoulder, then lower

## Arm curls

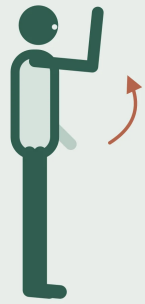
Holding a tin or water bottle in each hand, bend your elbows to lift them towards your shoulders, then lower slowly. Start with 10.



Pull the band towards you, squeezing your shoulder blades

## Band row

With a resistance band fixed in front of you at chest height, pull your elbows back, squeezing your shoulder blades together, then return slowly. Start with 10.



Elbows bent, lift arms forward to shoulder height

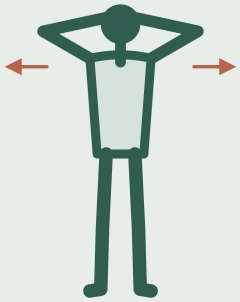
## Arms forwards

With elbows bent, lift your arms forwards to shoulder height, then lower. Repeat 5 to 10 times. Follow your team's advice after surgery.

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# My exercise library

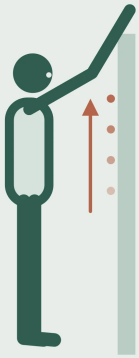
Simple strength and shoulder exercises to do at home. Move slowly and with control, breathe normally, and don't push into pain. Check with your team first, especially after surgery or if you have lymphoedema or bone problems.



Hands behind your head, move your elbows back and out

## Elbows back

Clasp your hands behind your head and gently move your elbows back and out, then forwards. Repeat 5 to 10 times.



Walk your fingers up the wall, hold, then walk them down

## Wall climbing

Facing a wall, walk your fingers up it as far as is comfortable, hold, then walk them down. Repeat 5 to 10 times.