



SUNWAY
CANCER CENTRE



BREAST CARE
CENTRE

EDUCATION GUIDE

PENDIDIKAN ARAHAN
教育指南

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POST BREAST SURGERY ARM EXERCISES

SENAMAN LENGAN SELEPAS
PEMBEDAHAAN PAYUDARA

乳房手术后的手臂运动指南



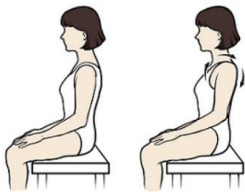
Perform the exercises three times daily, repeating each set up to ten times to improve your shoulder and arm mobility. Lakukan senaman ini tiga kali sehari, ulang setiap set sehingga sepuluh kali untuk meningkatkan pergerakan bahu dan lengan anda. 每天进行三次练习, 每组重复最多十次, 以改善肩膀和手臂的活动能力。

Please stop doing it and consult your doctor/therapist if you felt pain doing the exercise.

Jika anda berasa sakit semasa membuat set senaman ini, sila berhenti dan maklumkan kepada doktor atau juru X-ray terapi anda.

当您感觉到疼痛时, 请停止做这套运动并及时告知您的医生/电疗师。

1 Backward Shoulder Roll 向后肩滚翻



In a circular motion, bring your shoulders forward, up, backward, and down.

Gerakkan bahu anda dalam bentuk pusingan ke depan, atas, belakang dan bawah.

慢慢把双肩带向前, 向上, 向后再向下, 确保您的双肩是以向后的方向打圈。

2 Shoulder Wing 开展双肩

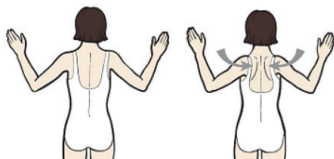
Put your hands on chest, raise your elbow out to the side, as high as you can.

Letakkan tangan di atas dada dan buka siku anda perlahan-lahan sehingga aras bahu / setinggi mungkin.

手肘弯曲并把双手置放在胸前, 慢慢地把手肘朝外打开, 并且抬高至肩膀的高度。如若无法抬高至肩膀的高度, 抬至您的能力范围能够抬到的位置即可。



3 Shoulder Blade Squeeze 肩胛骨压缩



Form a W shape with palm facing forward, pinch your shoulder together.

Bentukkan huruf 'W' dengan tapak tangan menghadap hadapan. Kemudian, tolak bahu perlahan-lahan ke belakang badan anda.

把手肘抬高, 向外打开并形成一个W形, 手心朝前。后背慢慢用力并朝内夹紧您的肩胛骨。

4 Backstretch 后背伸展

Hold the affected arm with another hand, slowly raise the hand to the center of the back and move back gently.

Letakkan kedua-dua tangan anda di belakang badan sambil memegang tangan yang terlibat. Kemudian, angkat tangan anda sehingga aras siku dan turunkan semula perlahan-lahan.

双手向后放, 并用另一只手握着受影响的手腕, 慢慢把手抬高至后背的中心点, 再慢慢放下至原位。



5 Butterfly Exercise 开臂



Put both hands behind your head with elbows in front of your head, slowly bring your elbows to the side.

Letak kedua-dua tangan di belakang kepala anda dengan siku menghadap hadapan. Kemudian, buka siku anda perlahan-lahan ke sebelah kepala anda.

把双手抬高并把手掌放在后脑勺, 手肘夹紧朝前。接着, 慢慢打开手肘, 向两侧伸展。

6 Arm Lift 抬臂

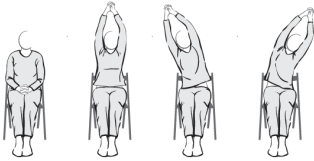
Clasp hands in front of your chest, slowly lift your arms above your head as high as possible.

Genggam tangan di hadapan dada anda. Kemudian, tinggikan tangan anda perlahan-lahan ke atas kepala setinggi yang boleh.

双手在胸前交叉，慢慢把双臂抬起至头顶/最高的位置。



7 Side Bents 侧伸展



Clasp hands and slowly raise your arms above head, straighten your arms, slowly bend your trunk to left, then to right.

Genggam tangan di hadapan anda dan angkat tangan perlahan-lahan ke atas kepala/setinggi yang boleh. Kemudian, regangkan badan ke kiri dan ke kanan.

坐下并把双手合起放在大腿前侧。接着，慢慢伸直双臂直至头顶/最高的位置，再慢慢把身体往左弯曲，停顿几秒，再慢慢往右弯曲。

*For reconstructive surgery (TRAM) patients: avoid overstretching your abdomen at first—focus on arm movements only.
*Pesakit yang menjalani pembedahan rekonstruktif (TRAM): Elakkan regangan perut pada peringkat awal—fokus pada pergerakan lengan sahaja.
*接受过重建手术 (TRAM) 的患者：初期避免拉伸腹部，仅专注手臂活动。

8 Front Wall Crawls 正面靠壁伸展

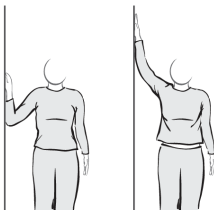
Put both arms on wall at chest level, slowly crawl your fingers up the wall as far as you can/until you feel the stretch.

Berdiri menghadap dinding dan letakkan tangan anda pada dinding. Kemudian, regangkan lengan anda ke atas sehingga anda dapat rasa tegangan tersebut.

面对着墙壁站着，把双手放在墙上，大约胸前的位置，慢慢地用手指往上伸展至头顶/直到感受到双臂的拉伸。



9 Side Wall Crawls 侧面靠壁伸展



Put the affected hand on wall at chest level, slowly crawl the fingers up the wall until you feel the stretch.

Letak tangan yang terlibat di dinding pada aras bahu anda. Regangkan tangan anda perlahan-lahan sehingga anda dapat rasa tegangan tersebut.

以受影响的一侧靠墙并把受影响的手放在墙上，大概胸的位置，慢慢地用手指往上伸展至头顶/直到感受到双臂的拉伸。

References:

Exercises After Your Mastectomy or Breast Reconstruction | Memorial Sloan Kettering Cancer Center
Exercising After Breast Cancer Surgery | American Cancer Society
Exercises after a mastectomy or breast conserving surgery (lumpectomy) | Cancer Research UK

Cancer Centre is located at LG, Tower C

Operation Hours

Mondays-Fridays 8.30am - 5.30pm

Saturdays 8.30am - 1.00pm

Closed on Sundays and Public Holidays

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