

REHAB TRAINING

after breast cancer surgery



Bungee Pump
of Sweden

Training program developed by Bungee Pump Sweden in collaboration with registered physiotherapist Rovena Westberg.



"After breast cancer surgery, it is important to maintain movement of the muscles and tissue around the surgical area. In addition to the training program you may have already been prescribed, BungyPump poles can provide an effective yet gentle workout where the intensity can be adjusted to suit your needs and current level of ability".

Always consult with your health professional before undertaking these exercises to ensure that this workout is suitable for you.



Rovena Westberg
Reg. Physiotherapist
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1. Mobility training: shoulders, chest and arms

Execution: Stand with feet shoulder width apart and slightly bent knees. Place one hand at either end of pole and let the pole hang in front of your hips. Tilt your upper body forward, bend your knees and lift the pole with straight arms upwards to a standing position. Resume to starting position.

Keep in mind: Don't rush through the exercise. Take your time and make sure to stretch carefully as far as you can.

Muscle groups primarily activated: Focus on gently stretching the tissue surrounding the shoulders, chest and arms.

Repetition: 10 times x 3 reps.

***Advice!** To increase the intensity, compress the pole during exercise according to your own ability.*



2. Mobility training: rib muscles

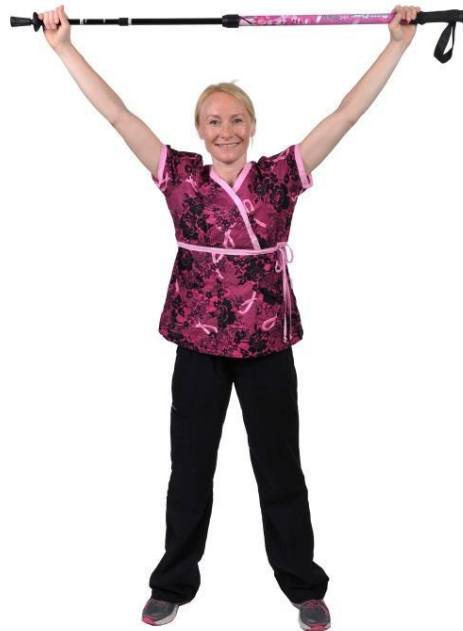
Execution: With feet shoulder width apart, hold the pole above your head with arms straight. Tilt the upper body from side to side in a slow motion.

Keep in mind: Don't rush through the exercise. Take the time to stretch both sides as much as possible.

Muscle groups primarily activated: Focus on stretching the tissue in between the ribs.

Repetition: 10 times x 3 reps.

***Advice!** To increase the intensity, compress the pole during exercise according to your own ability.*



3. Mobility training: chest muscles

Execution: With feet shoulder width apart and knees slightly bent, place the pole behind your neck. Tilt your upper body forward and slowly rotate from side to side. Rotate as far out as you can.

Keep in mind: Don't rush through the exercise. Take the time to stretch both sides as much as possible.

Muscle groups primarily activated: Focus on increasing mobility in chest muscles, as well as stretching the tissue surrounding it.

Repetition: 10 times x 3 reps.

***Advice!** To increase the intensity, compress the pole during exercise according to your own ability.*



4. Mobility training: chest and back

Execution: With feet shoulder width apart, place the pole behind your lower back. Slowly move the pole up and out as far as you can, and back again to original position without bending your body. With elbows bent, lift the pole upwards in line with your back as far as possible and back to original position.

Keep in mind: Don't rush through the exercise. Take the time to stretch both sides as much as possible.

Muscle groups primarily activated: Focus on your back muscles and stretching the chest muscles and tissue surrounding it.

Repetition: 10 times x 3 reps.

***Advice!** To increase the intensity, compress the pole during exercise according to your own ability.*



5. Mobility training: chest muscles & armpit

Execution: With feet shoulder width apart, place the pole between your hands at hip height. Slowly push from underneath to propel your arm diagonally upwards and backwards as far out as possible. Return to your original position and change sides.

Keep in mind: Don't rush through the exercise. Take the time to stretch both sides as much as possible.

Muscle groups primarily activated: Focus on stretching the tissue surrounding the chest muscles and armpit.

Repetition: 10 times x 3 reps.

***Advice!** To increase the intensity, compress the pole during exercise according to your own ability.*





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