



PATIENT & CAREGIVER EDUCATION

Exercises After Your Mastectomy Without Breast Reconstruction or With Breast Reconstruction Using a Tissue Expander

In this video, we'll show you how to do arm and shoulder exercises after your mastectomy without breast reconstruction or mastectomy with breast reconstruction using a tissue expander.



Please visit

www.mskcc.org/pe/exercises_no_reconstruction_tissue_expander
to watch this video.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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