Memorial Sloan Kettering Cancer Center

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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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

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