

Upper Body Exercise after Robotic-Assisted Surgery

- This handout includes 6 exercises including stretches for your arms to increase strength and range of motion while you are recovering after heart surgery.
- You can do these exercises and stretches while sitting or standing.
- Listen to your body. Move in a way that feels comfortable and stop if you feel pain.

Exercise #1: Shoulder Rolls

Move your shoulders in a circular pattern in a forward direction for 10 reps. Repeat with moving shoulders in a circular pattern in a backward direction for 10 reps.



Exercise #2: Reach Backs

Start with your arms by your side. Move your arms behind your back while keeping your elbows straight. Hold for 5 seconds. Return to starting position and repeat 10 times.



Exercise #3: Behind-Back Towel Stretch

Place a towel over your right shoulder and hold the end with your right hand. Grab the other end of the towel behind your lower back with your left hand. Your left palm should face away from your back. Gently pull the towel up and forward with your right hand to stretch your shoulder and hold for 5 seconds. Slowly return to starting position. Repeat 10 times on each arm.



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Exercise #4: Wall Walks

Shoulder Flexion

Start by facing the wall. Place your hand on the wall with your palm facing the wall. Walk your fingers up the wall until your hand is overhead as far as it feels comfortable. Gently lean into the wall to stretch and hold for 5 seconds. Remove your hand from the wall and slowly lower it back down to starting position without touching the wall. Repeat 10 times.



Shoulder Abduction

Start by standing with your side next to the wall. With your arm out to your side, touch the wall and begin walking your fingers up the wall until your arm is overhead as far as it feels comfortable. Gently lean into the wall to stretch and hold for 5 seconds. Remove your hand from the wall and slowly lower it back down to starting position without touching the wall. Repeat 10 times.



Exercise #5: Overhead Side Bend Stretch

Raise one hand overhead to reach and lean towards the opposite side. Hold for 5-10 seconds. Repeat 10 times per arm.



Exercise #6: Butterfly Stretch

Start by placing both hands behind your head with your elbows facing forward. Gently bring your elbows back until you feel a comfortable stretch in your chest. Hold for 5 seconds, then slowly return to starting position. Repeat 10 times.

