

## Cane Raises

**Goal:** To increase range of motion and stability in the shoulder, necessary for putting on garments or reaching overhead as well as stretching the latissimus dorsi muscle, which is often tight after surgery.

**Contraindications:** Only move your arms to 90°, especially if you are undergoing a breast implant expander program or have undergone TRAM or DIEP flap reconstruction.

If you still have drains, only proceed within your physician's guidelines.

**Equipment:** Pad, small pillow, towel, or block under head, if needed.

Medium-sized ball (optional; squeezing the ball between your knees will help to activate the pelvic floor and transverse abdominis muscles and prevent your knees from collapsing in).

Cane, pole, towel, or umbrella.

### ► Start:

Lie on your back with both knees bent and feet on the ground, hip distance apart.

Pelvis is level with the floor, in neutral, or imprinted if you have back problems.

Arms are at hips, hands holding the cane, towel, pole, or umbrella.



### ► Exercise:

Inhale to start as you imprint your shoulder blades on the mat, and then exhale to lift cane until arms are at a 90° angle to your shoulders. Inhale as you hold.

Exhale as you return your arms to the starting position.



### ► Be sure to:

Keep your shoulder blades on the mat. Don't let your rib cage pop out or your back arch while lifting your arms above your head. Work within your comfort zone.