

REHAB TRAINING

after breast cancer surgery



BungeePump
of Sweden

Training program developed by BungeePump in
collaboration with reg. physiotherapist Rovena Westberg

"After breast cancer surgery, it is important to maintain the movement of the muscles and tissue around the surgical area. In addition to the training program you have already been prescribed, using the BungyPump poles provide great workout that is gentle and where the intensity can be adjusted to fit your needs and the level you are in the moment. "

Add 30 minutes of physical activity per day

At least 30 minutes of moderate-intensity physical activity on a regular basis reduces the risk of cancer. It can be a brisk walk or swimming. The important thing is that your heart rate is raised.

Rovena Westberg
Reg. Physiotherapist
Toppform Sjukgymnastik



1. Mobility training, shoulder, chest and arms

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

Keep in mind: Don't rush through this exercise, but take your time and make sure to stretch carefully as far as you can.

Muscle groups primarily activated: Complete exercise with main goal to stretch tissue surrounding the shoulders, chest and arms.

Repetition: 10 times x 3 reps.



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

2. Mobility training, rib muscles

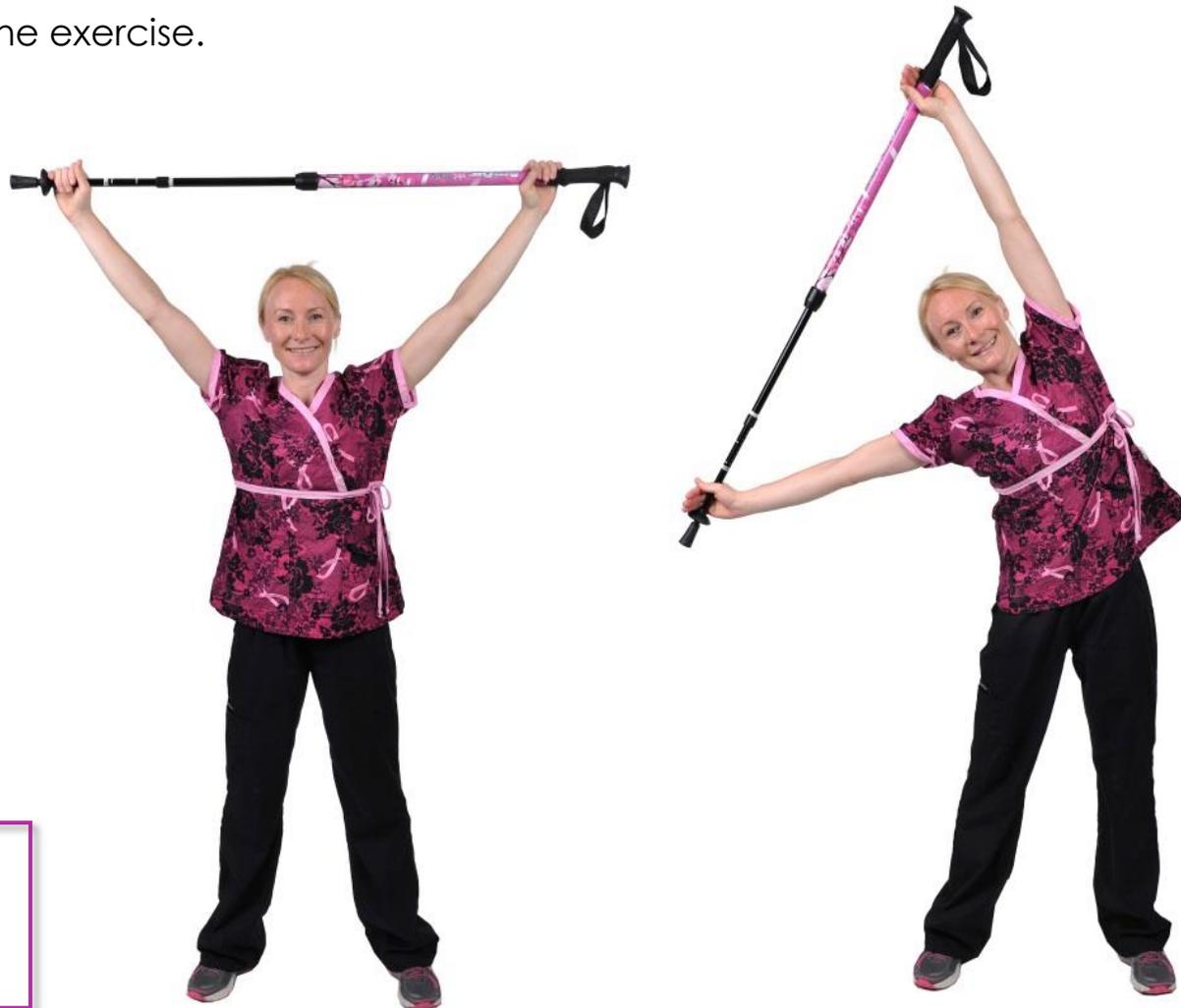
Execution: With feet shoulder width, hold the pole with straight arms and place it above your head. Tilt the upper body from side to side in a slow motion.

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

Muscle groups primarily

activated: Complete exercise with main goal to stretch tissue in between the ribs.

Repetition: 10 times x 3 reps.



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

3. Mobility training, chest muscles

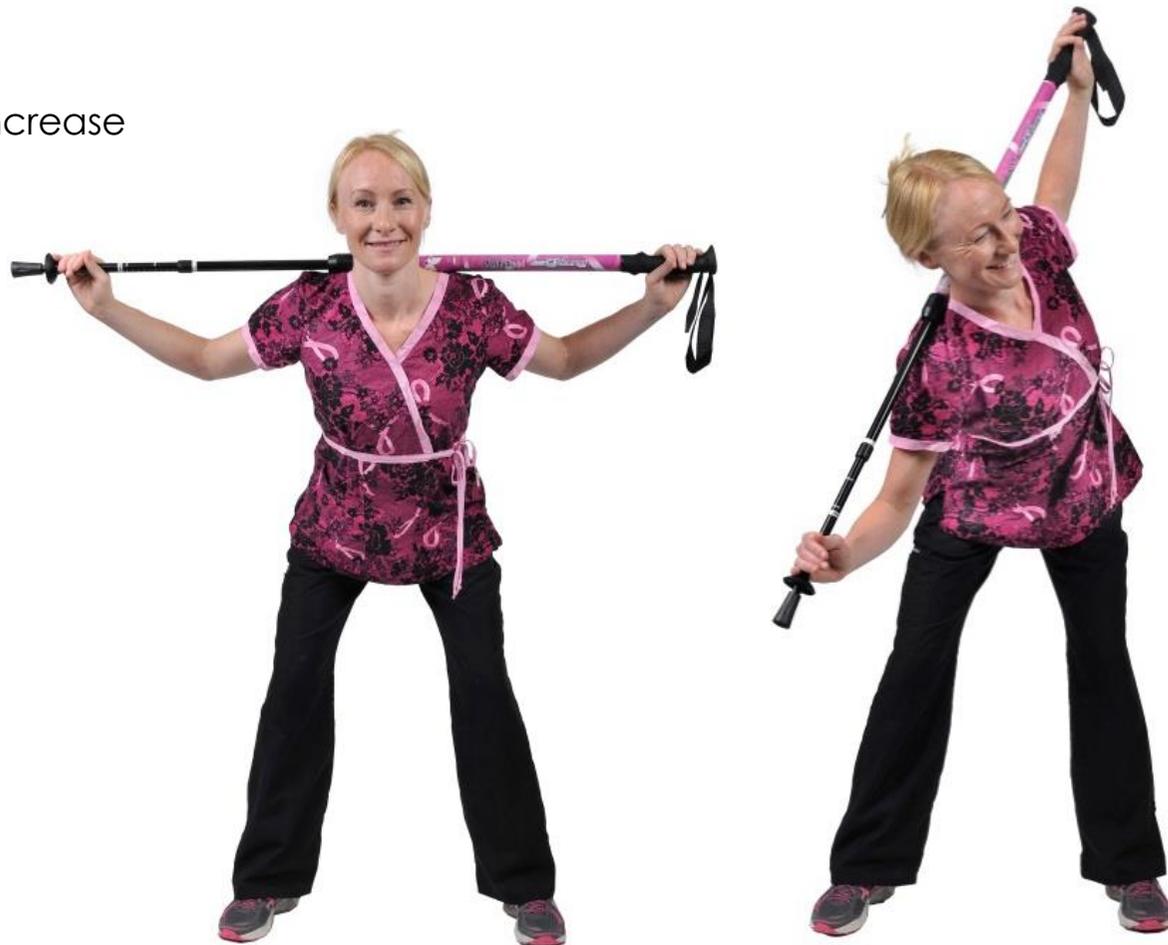
Execution: With feet shoulder width and knees slightly bent place the pole behind your neck. Tilt your upper body forward and rotate from side to side in a slow pace. Rotate as far out as you can.

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

Muscle groups primarily activated:

Complete exercise with main goal to increase mobility in chest muscles, as well as stretching the tissue surrounding it.

Repetition: 10 times x 3 reps.



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

4. Mobility training, chest/back

Execution: With feet shoulder width, place the pole behind your back. Slowly move the pole backwards and outwards as far out as you can, and back again to original position without bending your body. Lift the pole upwards inline with your back as far up 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:

Back muscles with main goal to stretch the chest muscles and tissue surrounding it.

Repetition: 10 times x 3 reps.



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

5. Mobility training, chest muscles & armpit

Execution: With feet shoulder width, place the pole between your hands, and slowly push from underneath to propel your arm diagonally upwards/backwards as far out as possible. Return to your original position and alternate direction.

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

Muscle groups primarily activated:

Main goal with this exercise is to stretch tissue surrounding the chest muscles and armpit.

Repetition: 10 times x 3 reps.



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



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