

# 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.

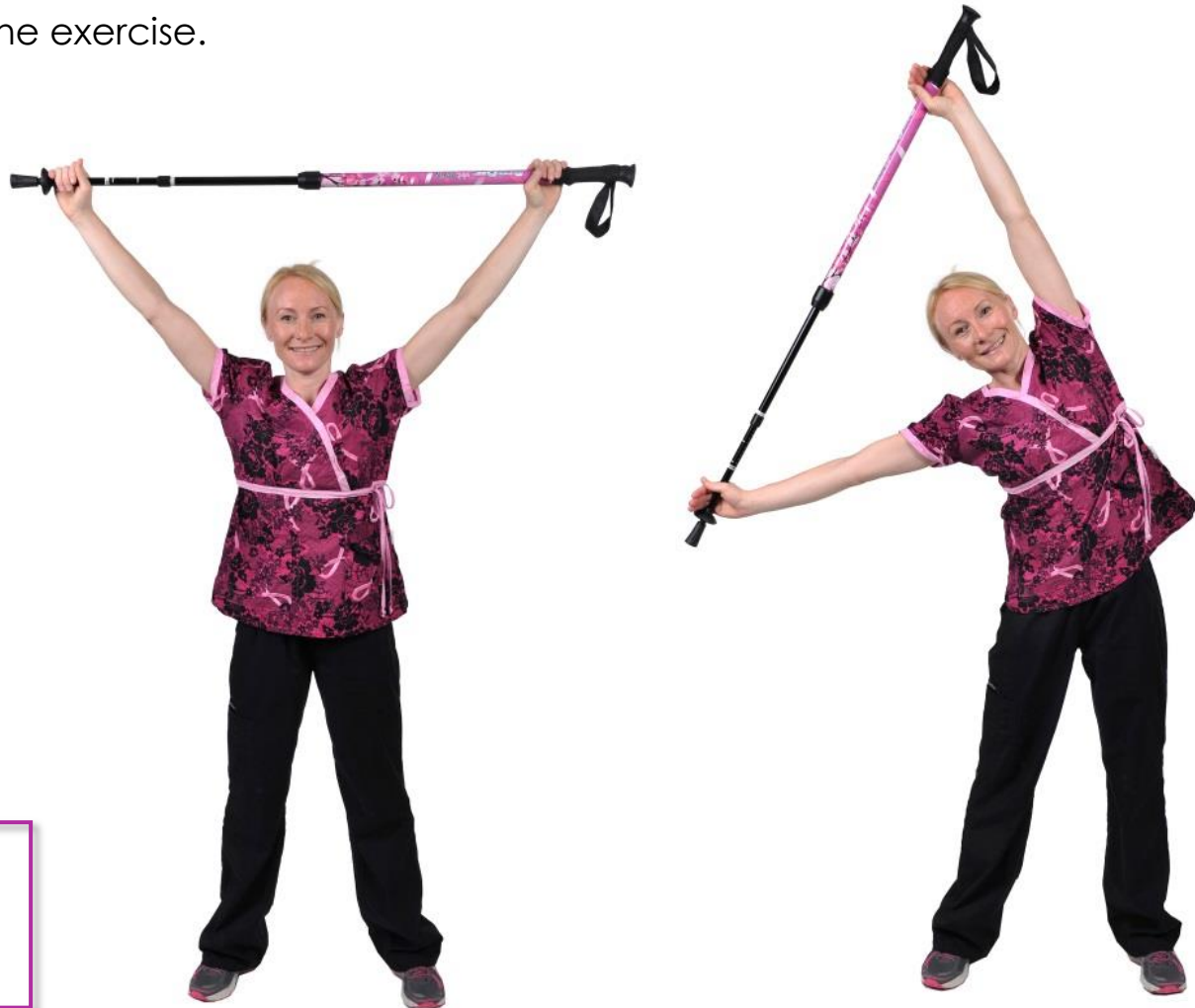
## 2. Mobility training, rib muscles

**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.

## 6. Mobility and endurance, back & shoulders

**Execution:** With feet shoulder width, hold one pole in front of you with straight arms in shoulders height. Rotate your upper body to the left side and simultaneously use your arms/pole to get a better range of motion in that direction. Resume to starting position and perform the same movement to the right side.

**Keep in mind:** Don't rush through this exercise, take your time and make sure to rotate as far out as possible on each side.

**Muscle groups primarily activated:** Main goal with this exercise is to increase the mobility in the overall back musculature.

**Repetition:** 10 times x 3 reps per side.

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

## 7. Strength exercise, lunge rotation with pole

**Execution:** With feet shoulder width, hold one pole in front of you with straight arms, in chest height. Fix your gaze straight ahead and take a big step forward with your right leg. Bend the front right leg but without having the back knee touching the floor, and simultaneously rotate your upper body and the pole to the right. Rotate back and resume to starting position. Repeat using the left leg.

**Keep in mind:** Execute this exercise as deep as possible without having the back knee touching the floor. Don't rush through this exercise, take your time and make sure to rotate as far out as possible on each side.

**Muscle groups primarily activated:** Complete exercise for the whole body.

**Repetition:** 5 times x 3 reps per leg.

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



## 8. Good morning exercise with pole

**Execution:** With feet shoulder width, hold one pole with both arms placing it behind your neck. Tilt your upper body forward keeping a neutral back position and with straight or slightly bent knees. Resume to starting position.

**Keep in mind:** Holding tension in your torso can make it easier to keep your back strong throughout the entire exercise.

**Muscle groups primarily activated:** Complete exercise for the whole body.

**Repetition:** 5 times x 3 reps.

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

## 9. Complete exercise, mobility

**Execution:** With feet shoulder width, hold one pole with both hands apart slightly wider than shoulders and in a horizontal position. Relax your arms and let them hang down to the floor. Tilt your body forward and move the pole towards your feet, keeping your legs straight. Continue on bending your knees into a position where your buttocks are touching your heels, then start straightening your body and moving the pole along your body upwards and finishing with holding your arms straight up over your head. Bend your knees while holding the pole with straight arms above your head, resume to normal standing position while still holding the pole with straight arms above the head and tilt the upper body slightly backwards. Resume to starting position.

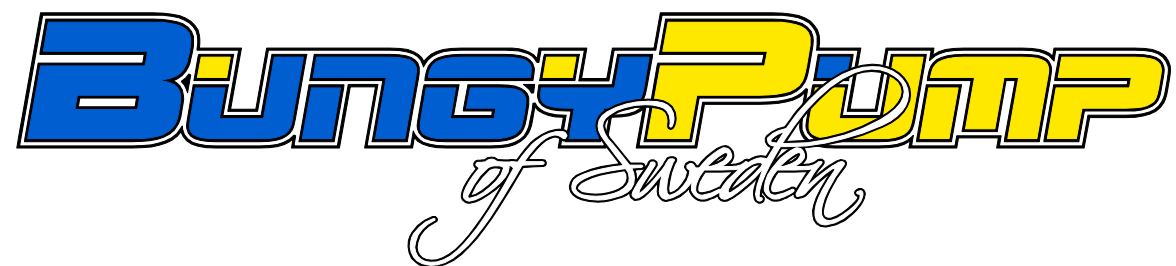
**Keep in mind:** Don't rush through this exercise. Make sure to execute it in your own pace and focusing on quality movements.

**Muscle groups primarily activated:**

Complete exercise for the whole body.

**Repetition:** 5 times x 3 reps.

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



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