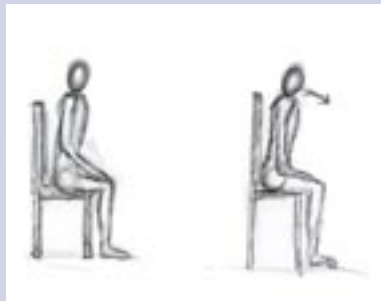


## Pilates Exercises for Breast Cancer Survivors

The Pink Ribbon program offers a series of Pilates exercises to help breast cancer survivors improve their range of motion in their arms, shoulders and other affected areas following surgery. The program has three phases, which each last two to four weeks. The goal of the program is to increase the breast cancer survivor's range of motion to the point where she can feel comfortable in a mainstream Pilates class. For more information and to buy a booklet of exercises, visit [www.pinkribbonprogram.com](http://www.pinkribbonprogram.com).

### Warmup: Shoulder Rolls



Gently roll the shoulders forward and back, allowing the upper back to release slightly as you do so.

### Phase 1 Exercise: Walk Up the Wall



#### 1. Starting Position

Stand or sit with one side of your body next to a wall; arm low, touching the wall at a 45 degree angle from your body.

#### 2. Inhale

Start to walk your fingers up the wall, as high as your range of motion will allow.

#### 3. Exhale

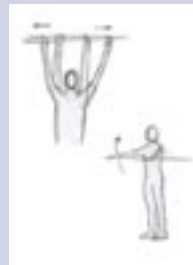
Walk back down the wall to the starting position.

#### 4. Repeat

Three to four times; then switch arms.

*Source: Illustrations by Laurice Nemetz. Description of exercises courtesy of the Pink Ribbon Program founder and program director, Doreen Puglisi.*

### Phase 2 Exercise: Touchdown



#### 1. Starting Position

Sit or stand with arms in front of the body, free or holding a pole or a flexible band.

#### 2. Inhale

#### 3. Exhale

Lift the arms overhead (if holding a pole or a band, then slightly pull apart).

#### 4. Inhale

Lower the arms back down.

#### 5. Repeat

Steps 3 or 4 five or six times.

### Phase 3 Exercise: Mermaid Stretch



#### 1. Starting Position

Sit on one hip with both legs bent towards the opposite side.

#### 2. Inhale

Reach the arm of the hip you're sitting on overhead or on your shoulder.

#### 3. Exhale

Bend your body over towards your legs, reaching the arm further over on the opposite side.

#### 4. Inhale

Restore your spine to vertical.

#### 5. Exhale

Drop the arm by your side.

#### 6. Repeat

Do steps 2 to 5 three or four times, then change sides.