



Stretching exercises after Pectus Excavatum Surgery

Daily stretching exercise will help with your range of motion and healing process

Stretch #1

- Stand facing a wall about an arm's length away
- Raise your one arm with your elbows slightly bent
- Touch the wall in front of you about waist high with your fingertips
- Gently begin walking your fingers up the wall as far as you can
- Stop when it hurts
- Slowly lower your arm back down to your side
- Repeat five times with each arm

Stretch #2

- Stand an arm's length away from a wall with one shoulder to the wall
- Raise your arm with your elbow slightly bent
- Touch the wall about waist high with your fingertips
- Gently begin walking your fingers up the wall as far as you can go
- Stop when it hurts
- Slowly lower your arm back down to your side
- Repeat five times with each arm

Arm Extensions

- Keeping your body and head facing forward and your back straight, bring both arms straight out in front of you
- Keeping your arms straight, lift them over your head
- Hold this position for 5-10 seconds
- Return to the starting position