

### Milestones in the Road to Recovery after Reconstruction

#### Rehabilitation after TRAM/DIEP flap

Time Frame	Activity
1 to 7 days post-op	<ul style="list-style-type: none"> <li><input type="checkbox"/> Deep breathing exercises</li> <li><input type="checkbox"/> The binder should be worn 24 hrs/day for 4-6 weeks.</li> <li><input type="checkbox"/> Walking around the house as able</li> <li><input type="checkbox"/> Alternate periods of rest and activity</li> <li><input type="checkbox"/> Avoid lifting anything over 5 pounds and reaching above shoulder height</li> <li><input type="checkbox"/> Self care activities</li> <li><input type="checkbox"/> While lying place pillows under knees/head</li> </ul>
1-week post-op	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begin gentle arms exercises as per rehab booklet provided to you pre-surgery</li> <li><input type="checkbox"/> Improve sitting and standing posture</li> <li><input type="checkbox"/> Begin to lie flat without pillows 5 minutes per day</li> <li><input type="checkbox"/> Avoid lifting anything over 5 pounds / reaching above shoulder height</li> <li><input type="checkbox"/> Light house keeping activities i.e. dusting, meal prep</li> </ul>
3 weeks post-op	<ul style="list-style-type: none"> <li><input type="checkbox"/> Continue with arm stretches to increase movement in the arm and begin trunk flexibility exercises</li> <li><input type="checkbox"/> Consider self massage or manual lymphatic drainage around surgical sites if at risk for lymphedema</li> <li><input type="checkbox"/> Begin scar massage if incision healed</li> <li><input type="checkbox"/> Maintain good sitting and standing posture</li> <li><input type="checkbox"/> Gentle exercises can begin i.e. gentle walk in the neighborhood</li> <li><input type="checkbox"/> Can begin return to work if working at a desk or working from home with part time hours</li> <li><input type="checkbox"/> May begin driving if not on narcotic meds and good range</li> </ul>
6 weeks post-op and beyond	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can begin yoga, pilates, weight training</li> <li><input type="checkbox"/> Can begin to return to aerobic classes, swimming, cycling and cardio machines with surgeon's permission.</li> <li><input type="checkbox"/> Begin abdominal exercises to improve your core strength (see your rehab therapist)</li> <li><input type="checkbox"/> Increase trunk flexibility by lying on your stomach. Progress to coming up on your elbows</li> <li><input type="checkbox"/> Can begin with heavier house hold tasks i.e. vacuum</li> <li><input type="checkbox"/> Can <u>gradually</u> begin return to work that is more labor intensive i.e. personal support worker, nurse, working in a manufacturing plant.</li> <li><input type="checkbox"/> Can begin walking the dog while holding onto the leash starting with short periods of time.</li> </ul>
Return to gym	<ul style="list-style-type: none"> <li>• 6-8 weeks: 25% of what you use to do</li> <li>• 8-12 weeks: 50% of what you use to do</li> <li>• 12-16 weeks: 75% of what you use to do.</li> </ul>