



Draw your shoulder blades back and down slightly.



Crawl your fingers up the wall as far as you can manage comfortably with the arm on the operated side.



With your hand behind your neck on your operated side, gently bring the elbow back. Do in either standing or lying on your back.



Health
Nepean Blue Mountains
Local Health District

PHYSIOTHERAPY FOLLOWING NECK DISSECTION SURGERY



Following your surgery, it is important that you perform the following regime at home.

1. Massage the scar

Once your scar is fully healed, that is the wound is closed over completely, it is important to massage gently over the scar site with a low-irritant cream. This helps to improve the mobility of the scar. Do this for 5-10 minutes, twice a day.

2. Be aware of your posture

Avoid slouching or drooping the shoulder on the operated side, and focus on the shoulder blades sitting back slightly. Also maintain your head in the midline, and avoid tilting it towards the operated side.

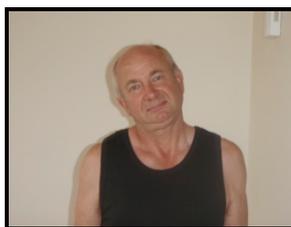
3. Perform neck and shoulder exercises as outlined in this brochure once the scar is fully healed

This is important to maintain the movement of your shoulder and neck.

4. Return to normal activities gradually

HOME EXERCISES FOR YOUR NECK AND SHOULDER

- Start with 5 repetitions of each exercise initially, then gradually increase to 10 repetitions, approximately 2-3 times a day.
- None of the exercises should cause or worsen either pain or fatigue.
- If your neck or shoulder is beginning to ache, then cease the exercise
- If your neck or shoulder is beginning to ache, then cease the exercise until the pain subsides.



Tilt your head away from the operated side shoulder until you feel the stretch on the area around the scar.



Look down and then back up slowly.



Turn your head away from the operated side until you feel a stretch.