Breast Implant Exercises

These exercises help to prevent capsular contractures (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release.

(One exercise includes both directions)

10 exercises 3 times daily for the first 6 months
10 exercises 2 times daily for the next 6 months
10 exercises one time daily for life