

将手放在动过手术那边的颈项后方，再轻轻的把手肘带到后面。

With your hand behind your neck on your operated side, gently bring the elbow back.

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

#### 1. Massage the scar

Once your scar is fully healed, massage over the scar site gently with low-irritant cream 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. Maintain your head in the midline, and avoid tilting it towards the operated side.

#### 3. Perform neck and shoulder exercises once the scar is fully healed

#### 4. Return to normal activities gradually

手术后，请务必在家中施行以下的事项：

#### 1. 按摩疤痕

在伤口完全愈合后，请使用低刺激性乳霜轻轻的在疤痕上按摩。这能促进疤痕肌肉的活动性。一天做两次，每一次 5-10 分钟。

#### 2. 请注意背部姿势

避免驼背或让手术边的肩膀垂下，注意肩膀要稍微往后。同时保持头在身体的正中线，避免斜向手术的那边。

#### 3. 在伤口完全复原后，照着单张的指示作头与颈部的运动

这些运动能保持头和颈项的灵活度。

#### 4. 逐渐恢复平常的活动。



## PHYSIOTHERAPY FOLLOWING NECK DISSECTION SURGERY

### 颈淋巴清扫手术后的物理 治疗

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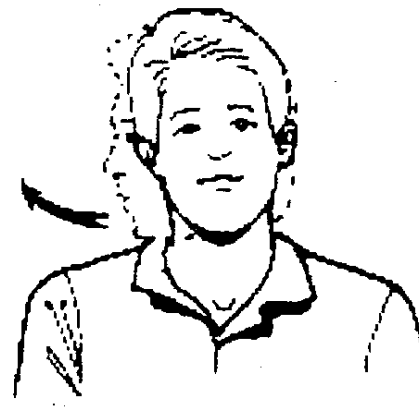
## HOME EXERCISES FOR YOUR NECK AND SHOULDER

- 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 until the pain subsides.



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

倾斜你的头向非手术边的肩膀，直到你感到手术疤痕周围的伸展。

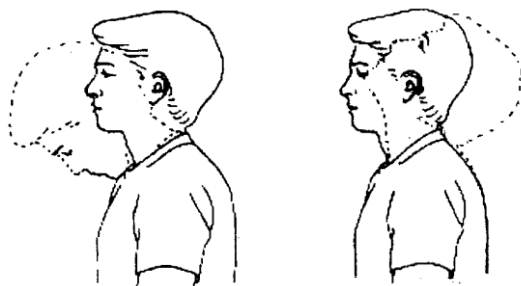


Turn your head away from the operated side until you feel a stretch.

把头转向非手术边的方向，直到你感到肌肉的伸展。

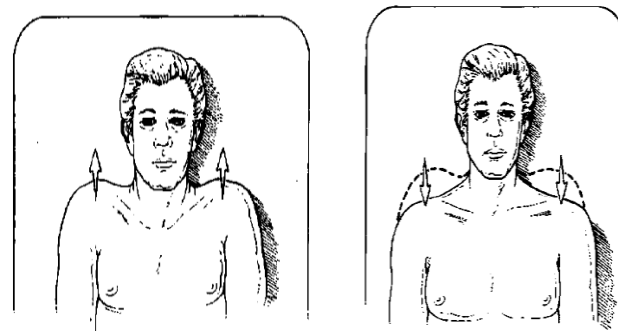
### 适合在家里做的头颈部运动

- 刚开始时，每一样运动先重复做 **5** 下。再增加到 **10** 下，一天做大约 **2-3** 回。
- 这些运动不应该加重/引起疼痛或疲劳。
- 如果头颈部开始感到疼痛，请马上停止运动直到疼痛消退。



Look down and then back up slowly.

头往下看，再慢慢的往上伸



Draw your shoulder blades up and down slightly.

稍微把肩膀往上再往下伸展