**Pectus Excavatum Exercise Program**

**Exercise #1:** Begin **immediately** after surgery.

Chest Expansion - Deep breathing with breath holding. Do this exercise every morning and evening.
1. Stand up straight with your shoulders back. Breathe in as deeply as possible and hold your breath for 10 seconds.
2. Repeat 20 times.

**Exercise #2:** Begin approximately **2 weeks** following surgery.

Back straightening exercise. Do this exercise every morning and evening. The goal of this exercise is to straighten your back and pull the shoulders back.
1. Hands are placed behind the head and fingers interlocked.
2. The elbows are pulled back as much as possible and the head and neck needs to remain straight. This posture causes the chest to fill out in front.
3. Bend from the hips, forward and down, to a horizontal position. Hold this position for 2-3 seconds. It is very important that the elbows, head, and neck remain straight during the exercise.
4. Repeat 25 times.

**Exercise #3:** Begin approximately **3 months** after surgery.

Strengthening the chest and back muscles.
1. Do 25 push-ups, each day.
2. Dumbbell flys on the floor
   a. Lie on the floor, on your back with your arms stretched out on each side. Place a small weight in each hand.
   b. Keeping arms straight, bring them together over the chest.
   c. Repeat 25 times, each day.
Things to remember:

- Total exercise time should be no more than 10 minutes.
- Your child should do these exercises immediately upon getting out of bed in the morning and before going to bed in the evening.
- During the day your child should be active and do aerobic activities.
- Motivation and monitoring are very important. Taking an interest in your child’s activity will motivate him/her and will also bring good communication. It is also vital to monitor and encourage your child during exercise on a regular basis; otherwise he/she could lose interest.
- This exercise program will not cure a severe Pectus Excavatum, however it will help correct poor posture, prevent progression of a mild Pectus Excavatum, and help prevent recurrence after bar removal.