


Low Plastic Surgery (LPS)
Dr. Lowe's Implant Massage Exercises

General Technique:

- One complete cycle equals all four directions – A,B,C,D
- Normal cycle includes 8-10 repetitions in each direction
- Exercises usually performed 3 times a week for 3-4 months
- Initiated 2-3 weeks after surgery in most cases
- After 6 months 2-5 repetitions as directed 3 times a week
- After one year maintain with limited weekly exercises only
- Goal # 1 - keep implant moving freely in pocket to help prevent scarring
- Goal #2 – slowly manipulate implant position for improved shape & symmetry
- In diagram below, not the fullness of the breast towards the arrow

Special Instructions:

- Cycle includes 8-10 or _____ repetitions in each circled direction
- ___ Modify cycle to include - A & D only
- ___ Modify cycle to include - B & D only
- ___ Modify cycle to include - __A __B __C __D
- ___ Perform 3 times a week as instructed
- ___ Perform _____ times a week for _____ weeks.
- ___ Other _____

