

Implant Displacement Exercises

Breast implant displacement exercises are recommended for patients with round implants to keep the capsule around the implant soft and to reduce the risk of capsular contracture.

Place your hand flat against the upper half of the breast and push down toward your ribs. Hold for 20 second. Repeat this on the lower half, the inner half and the outer half of the breast.

DO this 3 times a day for 6 months and once a day thereafter.

These exercises may be performed while standing, sitting or lying.

