

## FUT - SCALP LAXITY EXERCISES (ONLY FOR FUT)

Patients can help make their hair transplant experience a success by performing scalp exercises in the weeks or even months prior to surgery. Scalp exercises can increase scalp laxity which may allow more grafts to be harvested in a single session. Even patients with good laxity can benefit from scalp exercises.

### Exercise 1

1. Clasp your hands and place them on the back of your scalp as shown in the photos below.
2. Find the area on your skull that has the ridge running along the back. Place your hands slightly above this ridge with your palms flat.
3. Pull your hands forward toward your forehead while at the same time moving your scalp up and down. Press hard enough against your head so that your scalp moves and your hands don't simply slip over your hair. Perform this exercise for 5 minutes in the morning and 5 minutes in the evening.



### Exercise 2

1. Place your hands firmly at the side of your head as in the photo below.
2. Move the scalp up and down as far as scalp movement will allow without your hands slipping on your head..
3. Perform this exercise for 5 minutes in the morning and 5 minutes in the evening.

