

Qigong Mind-Body Exercise as a Biopsychosocial Therapy for Persistent Post-Surgical Pain in Breast Cancer: A Pilot Study

Supplement 1. Summary of Qigong Mind-Body Exercise intervention protocol

<u>Week</u>	<u>Activities</u>	<u>Approximate Duration (in minutes)</u>
1-2	Check-in	2
	Qigong warm-up exercises	
	Qigong swinging and drumming the body	
	Swinging up and down	
	Spiraling the waist	
	Mindful stretching	20
	Lower extremities (feet, ankles, knees)	
	Upper extremities (hands, arms, shoulder)	
	Spinal cord breathing	
	Washing with Qi from the heavens	
	Tan Tien breathing	
	Introduction to Eight Brocades movements #1-4	45
	#1 Holding up the sky with both hands	
	#2 Turning to gaze at the moon over the shoulder	
	#3 Drawing the bow and arrow	
	#4 Separating heaven and earth	
	Cool-down exercises	8
	Self-massage and meridian tapping	
3-8	Check-in	2
	Qigong warm-up exercises	10
	Review/practice Eight Brocades movements #1-4	15
	Learn and practice Eight Brocades movements #5-8	40
	#5 Hanging the arm and head and opening the flank	
	#6 Squatting to reinforce the kidneys	
	#7 Punching with connection and intention	
	#8 Shaking to ward off illness	
	Cool-down exercises	8
9-12	Check-in	2
	Qigong warm-up exercises	20
	Review/practice/refine Eight Brocades movements #1-8	45
	Cool-down exercises	8