

## THORACIC OUTLET SYNDROME EXERCISES

1. Stand erect with arms at the sides holding in each hand a 2-lb weight (Sandbags, or bottles, jars, or sacks filled with sand).
  - a. Shrug the shoulders forward and upward.
  - b. Relax.
  - c. Shrug the shoulders backward and upward.
  - d. Relax.
  - e. Shrug the shoulders upward.
  - f. Relax and repeat.
2. Stand erect with arms out straight from the sides of shoulder level; hold a 2-lb weight in each hand (palms should be down).
  - a. Raise the arms sideways and up until the back of the hands meet above the head (keep elbows straight).
  - b. Relax and repeat. Note: As strength improves and exercises 1 and 2 become easier, then the weights should be made heavier, increasing 5 to 10 pounds.
3. Stand facing a corner of the room with hands on each wall, elbows are at shoulder level, palms forward, elbows bent, and abdominal muscles contracted.
  - a. Slowly let the upper part of the trunk lean forward and press the chest into the corner. Inhale as the body leans forward.
  - b. Return to the original position by pushing out with the hands. Exhale with this movement.
4. Stand erect with the arms at the sides.
  - a. Bend the neck to the left, attempting to touch the left ear to the left shoulder without shrugging the shoulder.
  - b. Bend the neck to the right, attempting to touch the left ear to the left shoulder without shrugging the shoulder.
  - c. Relax and repeat.
5. Lie face down with the hands clasped behind the back.
  - a. Raise the head and chest from the floor as high as possible while pulling the shoulders backward and the chin in. Hold this position for a count of three. Inhale as the chest is raised.
  - b. Exhale and return to the original position.
  - c. Repeat.
6. Lay down on the back with arms at the side with a rolled towel or small pillow under the upper part of the back between the shoulder blades and no pillow under the head.
  - a. Inhale slowly and raise the arms upward and backward overhead.
  - b. Exhale and lower the arms to the sides.
  - c. Repeat five to twenty times.

*\*\*The information-listed above is not intended to replace the information given by your doctor. If any concerns or questions should arise, please contact your neurologist.*