

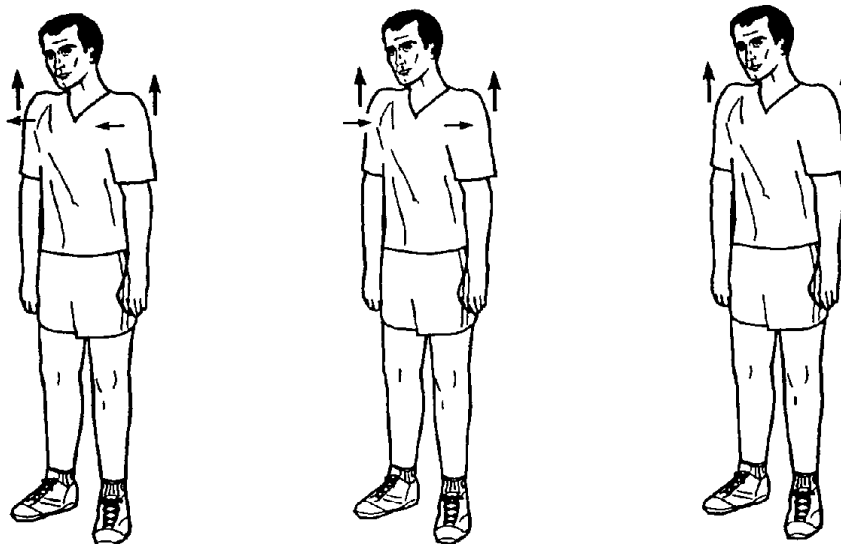
# Thoracic Outlet Syndrome Exercises

Thoracic outlet syndrome occurs when the nerves and blood vessels that come from your chest to your arm are pinched. These nerves and blood vessels can be pinched under your collar bone, along your chest wall, or in your neck muscles.

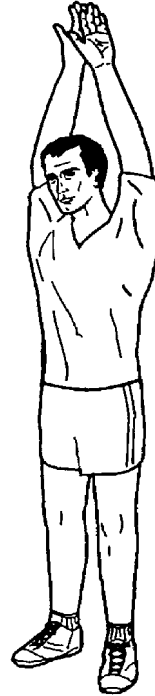
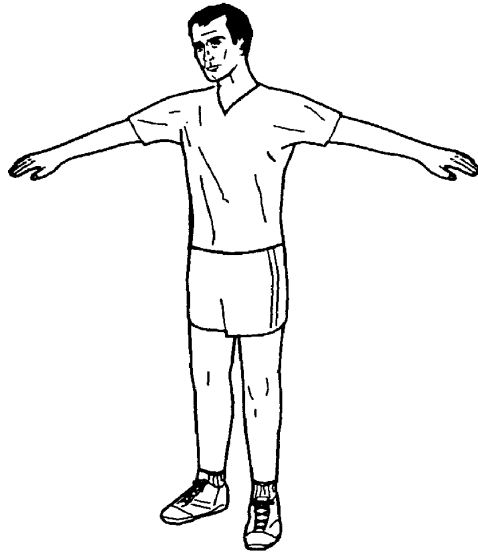
- Many different symptoms may occur with this condition. You may have one or all of the following symptoms in your arm:
  - ▶ Pain
  - ▶ Numbness
  - ▶ Weakness
  - ▶ Change of color
  - ▶ Swelling
- These exercises are designed to help relieve the area that is being pinched.

**Do each of these exercises 10 times. As your shoulder and neck becomes stronger, you can increase the repetitions by 2 at a time. Do this exercise program 2 times a day.**

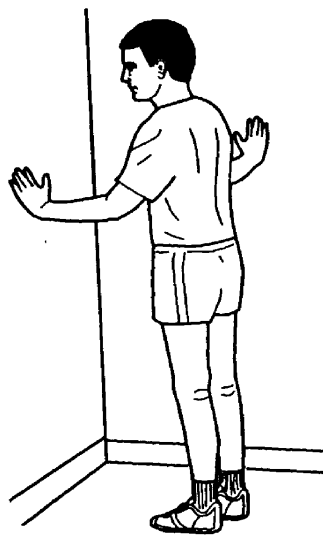
- Stand tall with your arms at your side. Shrug your shoulders forward and up. Relax. Shrug your shoulders backwards and up. Relax. Shrug your shoulders straight up. As you get stronger, you can hold 5-20 pound weights in each hand.



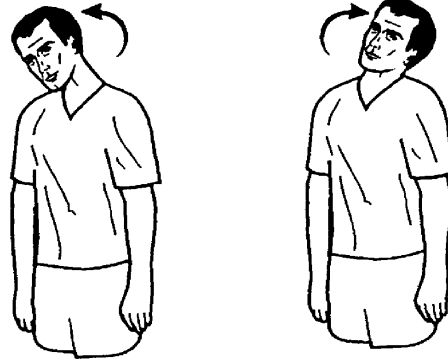
- Stand tall with your arms straight out from your side at shoulder level. Raise your arms to the side until they meet over your head. Keep your elbows straight and your palms down while you are doing this exercise. As you get stronger, you can hold 2 lb. weights in each hand.



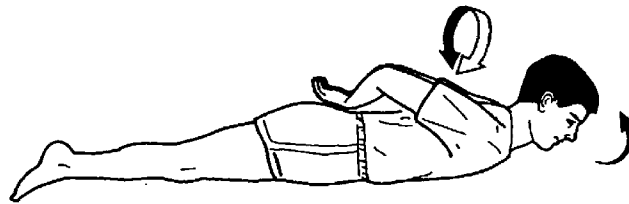
- Stand facing a corner of the room or within a door frame. Put each hand, with your palms flat, on the wall at shoulder level. Bend your elbows about 90 degree. Tighten your stomach muscles. Slowly breath in as you bring your chest toward the wall. Return to the starting position by pushing back with your hands. Breathe out as you do this.



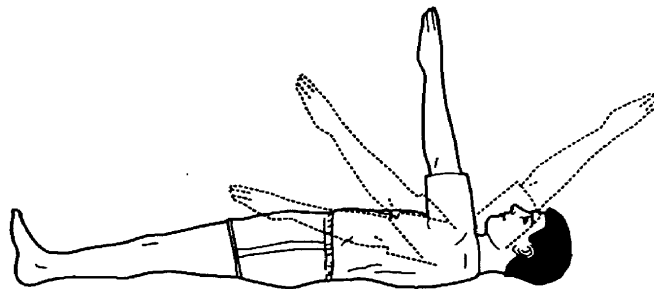
- ❑ Stand tall with your arms at your side. Bend your head to the left and try to touch your left ear to your left shoulder. Do not move your shoulders as you do this. Repeat this to the right.



- ❑ Lie face down or standing. Grab your hands behind your back. Lift your head and chest off the floor as high as you can. As you do this breathe in and squeeze your shoulder blades together and hold your chin in. Hold this position for a count of 3 seconds. Breathe out as you return to the starting position.



- ❑ Lie down on your back. Put a rolled towel between your shoulder blades. Start with your arms at your side, then raise them up in front of you and over your head. Breathe in as you do this. Breathe out as you return to the starting position.



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