



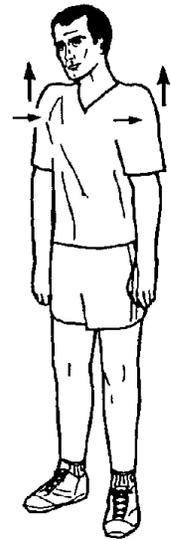
HEALTH FOR LIFE

Thoracic Outlet Syndrome Exercises II

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.

- Stand tall with your arms at your side. Shrug your shoulders up and back. Relax. Repeat _____ times.

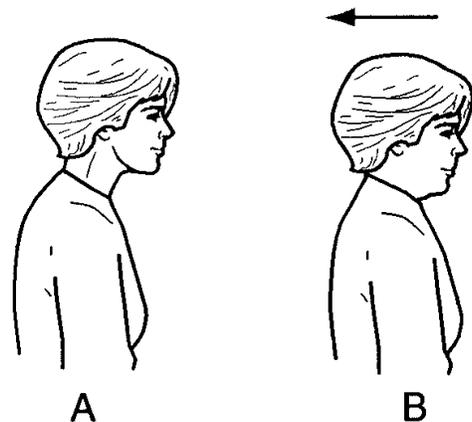


- Chin Tuck

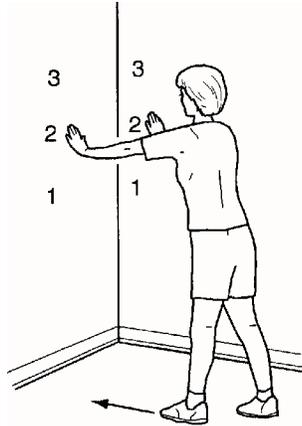
Pull your chin back (as if trying to make a double chin) while keeping your eyes level.

Hold _____ seconds

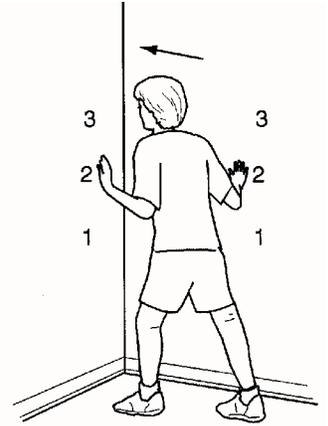
Repeat _____ times.



- Stand facing a corner of the room. Straddle your feet as shown. Place your hands flat on the wall at elbow level as shown in position one. Slowly lean onto your front foot so that you feel a stretch in your chest region. Hold ____ seconds.

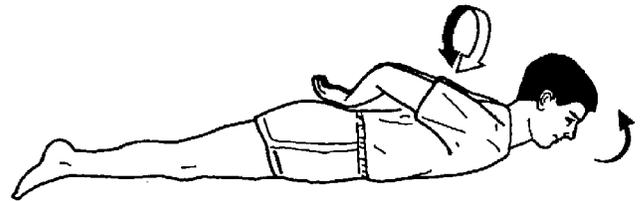


Repeat with your hands at the level of your shoulders as shown in position two.



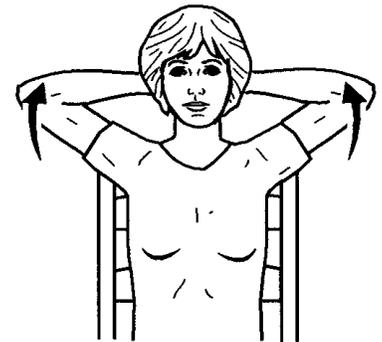
Repeat with your hands at the level of your head as shown in position three.

- 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 ____ seconds. Breathe out as you return to the starting position.



Repeat ____ times.

- Lay on your back or sit in a chair or stand. Bring both hands behind your head. Try to bring your elbows up and back.



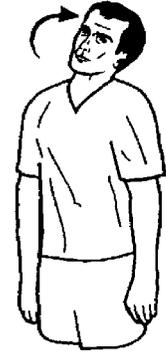
Hold this position for ____ seconds.

Repeat ____ times.

- Stand tall with your arms at your side and your chin tucked. Bend your head down toward your _____ shoulder. Then rotate your head toward the opposite shoulder.



Hold this position for ____ seconds.



Repeat ____ times.