

# Nottingham Family Wellness Centre

## Thoracic Outlet Syndrome

### Stretches



#### PROPER CERVICAL AND SPINAL POSTURE

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.



#### ANTERIOR/MIDDLE SCALENE STRETCH

While sitting in a chair, hold under the seat with the hand on the affected side. Next, tilt your head to the opposite side and then rotate your head upward. Hold for a stretch. Return to original position and then repeat. Tip your chin upward to intensify the stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



#### PEC STRETCH

Standing at a door way bring the shoulder to 90 degrees, bend the elbow to 90 degrees and place the palm of your hand on the wall/door frame. Gently rotate to the opposite side hold stretch for ~30 seconds.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day

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### Exercises



#### CERVICAL CHIN TUCK AND RETRACTION

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting pressure on the towel with the back of your head.

Maintain contact of head with the towel the entire time.

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

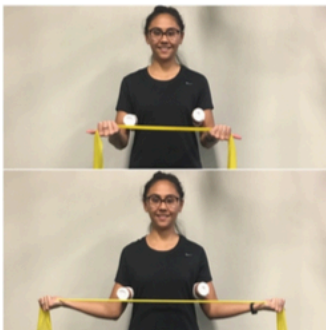


#### WALL ANGEL

Begin standing against the wall. Bend your knees to flatten the curve of your lower back against the wall. Aim to make contact with your wrists, elbows, and shoulders.

Slowly sweep your arms overhead against the wall as if you're making a snow angel. Try to keep your shoulders down as you raise your arms up.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



#### BILATERAL EXTERNAL ROTATION

Standing with an upright posture, hold the middle of a piece of resistance band with both hands (thumbs outwards). With your elbows at your side and arms bent at 90 degree angle, pull your hands outward, and squeeze your shoulder blades down and together.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day