



# Thoracic Outlet Syndrome Post-Operative Physical Therapy Program

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**Patient name:** \_\_\_\_\_

**Physical therapist:** \_\_\_\_\_

The purpose of this exercise program is to improve strength and mobility after your surgery.

## **Precautions:**

1. No lifting, pushing or pulling more than 5 pounds with your surgical arm until your doctor changes your precautions.
2. The head of your bed must remain elevated 30 degrees, but can be flat for your exercises.
3. Do not round your shoulders or bend your head and neck forward.
4. Do not place pillows under your shoulders or upper back. A small pillow may be placed under your head in bed only.
5. Your surgical arm may be supported by your unaffected arm while walking or sitting if you are having pain. Do not round your shoulders.
6. Use your incentive spirometer every hour for 10 repetitions.
7. Walk **several times a day** to allow for healing.

## **Exercise Instructions:**

1. All of the exercises should be performed until you have achieved a gentle stretch. You should not push into a painful range of motion.
2. It is normal to feel some slight soreness with your exercises. Stop performing your exercises if severe pain occurs.

Perform the exercises as directed by your Physical Therapist.

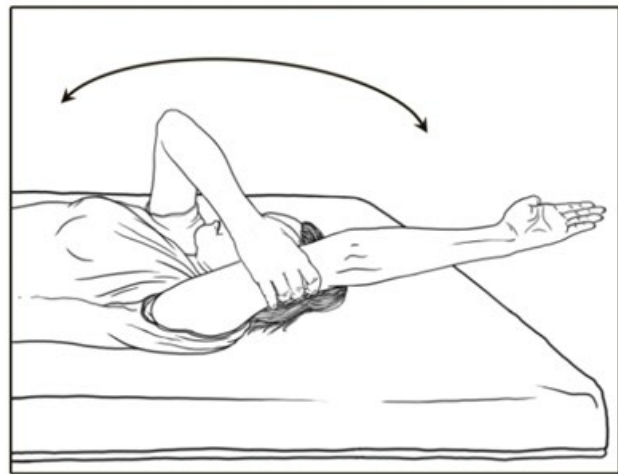
Follow these instructions:

**Repeat** each exercise 10 times

**Perform** each exercise 2-3 times per day

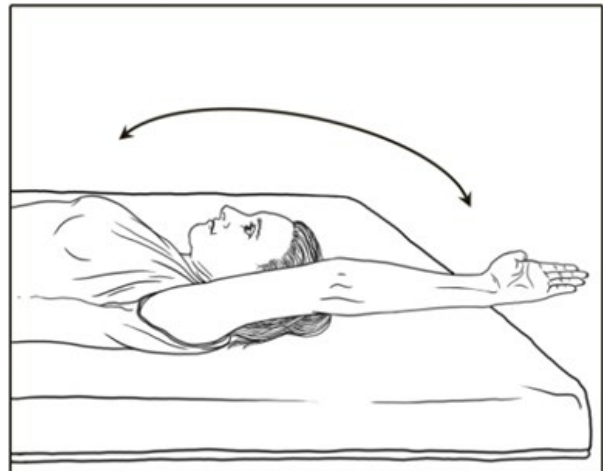
### 1) Assisted Shoulder Flexion

Lie on your back with your elbows straight. Use your non-surgical arm to lift your surgical arm while keeping it close to your head.



### 2) Shoulder Flexion

Only perform this exercise if you can perform exercise #1 without pain. Lie on your back with your elbows straight. Bring your arm up and over your ear while keeping it close to your head.





### 3) Shoulder Rotation

Lie on your back with your elbow bent and placed 6 inches away from your side. While your elbow is bent, rotate your arm toward your body and then rotate it away from your body.



### 4) Chin Tuck

Sit in a straight back chair with your shoulders back. Pull your chin in while keeping your neck and back straight. Do not tip your head forward. Hold the stretch for 2 seconds at the end position

### 5) Neck Rotation with Chin Tuck

Sit in a straight back chair with your shoulders back. Perform the chin tuck in the previous exercise. Turn your head to the right until you feel a gentle stretch on the left side. Hold for 2 seconds. Repeat to the other side.

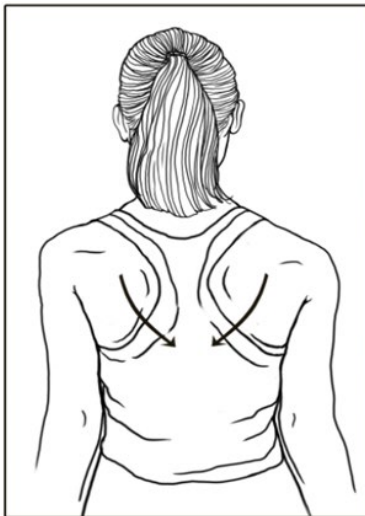




## 6) Lateral Neck Flexion with Chin Tuck

Sit in a straight back chair with your shoulders back. Perform the chin tuck in exercise #4. Tilt your head toward your right shoulder until you feel the stretch on your left side. Hold for 2 seconds.

Repeat to the other side.



## 7) Scapula Retraction

Sit in a straight back chair or stand with your shoulders back and arms at your side. Draw your shoulder blades down and in. Hold for 2 seconds.

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