

Thoracic Outlet Syndrome

INFORMATION GUIDE



Other names:

- TOS
- Arterial Thoracic Outlet Syndrome
- Neurogenic Thoracic Outlet Syndrome
- Venous Thoracic Outlet Syndrome

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Fact Sheets and Websites

- **American Academy of Orthopaedic Surgeons – Thoracic Outlet Syndrome**
<http://orthoinfo.aaos.org/>
 - Click on “**Diseases and Conditions**” near the top of the screen then under “**Parts of the Body**” click on “**Shoulder**”
 - Scroll down under “**Diseases & Conditions**” click on “**Thoracic Outlet Syndrome**”

Information provided includes cause, symptoms, exam, treatment, and prevention.

- **MedlinePlus -Thoracic Outlet Syndrome**
<https://medlineplus.gov/thoracicoutletsyndrome.html>
Provides general information on Thoracic Outlet Syndrome, including links to articles and websites.
- **Michigan Medicine Thoracic Outlet Syndrome**
<http://www.med.umich.edu/1libr/CVC/997ThoracicOutletSyndrome.pdf>
Provides an overview of TOS including symptoms, causes and treatment.

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- **National Institute of Neurological Disorders and Stroke -Thoracic Outlet Syndrome**
<http://www.ninds.nih.gov/disorders/thoracic/thoracic.htm>
Provides a more in-depth look at Thoracic Outlet Syndrome including treatment, prognosis, current research, clinical trials, and organizations.
- **National Organization for Rare Disorders (NORD) – Thoracic Outlet Syndrome**
<http://rarediseases.org/rare-diseases/thoracic-outlet-syndrome/>
This site provides information on Thoracic Outlet Syndrome including signs and symptoms, causes, related disorders, diagnosis, as well as therapies.
- **Society for Vascular Surgery – Thoracic Outlet Syndrome**
<https://vascular.org/patient-resources/>
 - Click on “Conditions”
 - Scroll down and click on “Thoracic Outlet Syndrome”Information on symptoms, causes, diagnosis, and treatments is provided.

Books

- Bernhard, Toni. **How to Live Well with Chronic Pain and Illness: A Mindful Guide.** Somerville, MA: Wisdom Publications, 2015.
- Caudill, Margaret. **Managing Pain Before It Manages You.** New York, NY: Guilford Press, 2016.

Audiovisual Resources

- **American Chronic Pain Association – Thoracic Outlet Syndrome**
<https://theacpa.org/condition/thoracic-outlet-syndrome-tos#resources>
This site includes communication tools and videos on living with chronic pain.

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- **Genetic and Rare Diseases Information Center – Thoracic Outlet Syndrome**
<https://rarediseases.info.nih.gov/diseases/7759/thoracic-outlet-syndrome>
This site provides a nice summary and there is an option to select and listen to the audio version of all that is written.
- **Society for Vascular Surgery Video on Thoracic Outlet Syndrome**
<https://vascular.org/patient-resources/vascular-conditions/thoracic-outlet-syndrome>
Provides a five minute 50 second video on Thoracic Outlet Syndrome.

Michigan Medicine Resources

- **University of Michigan Frankel Cardiovascular Center – Thoracic Outlet Syndrome**
<http://www.umcvc.org/conditions-treatments/thoracic-outlet-syndrome>
Provides information on causes, types, diagnosis, and treatment.
- **University of Michigan Vascular Surgery**
<http://surgery.med.umich.edu/vascular/patient/treatments/>
The provides information about specific conditions, preparing for surgery, and physicians and staff in the department.
- **University of Michigan Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access:
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email quitsmoking@med.umich.edu

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Patient Support Organization

- **American Chronic Pain Association**

<https://theacpa.org/>

The American Chronic Pain Association (ACPA) is a non-profit, self-help organization that provides assistance and hope to individuals with chronic pain.

800.533.3231 acpa@theacpa.org

- **National Institute of Neurological Disorders and Stroke (NINDS)**

<http://www.ninds.nih.gov/>

The mission of NINDS is to seek fundamental knowledge about the brain and nervous system and to use that knowledge to reduce the burden of neurological disease.

800.352.9424

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