

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Home Exercise Program for Thoracic Outlet Syndrome

- The following exercises are designed to stretch the soft-tissue structures that may be compressing the neurovascular bundle.
- Perform the exercises in the order listed.
- If any of the exercises causes an increase in your symptoms, discontinue the exercises and call your doctor.

Exercise Type	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Corner stretches	10 repetitions/2 sets	Daily	12
Neck stretches	10 repetitions/2 sets	Daily	12
Shoulder rolls	10 repetitions/2 sets	Daily	12
Neck retractions	10 repetitions/2 sets	Daily	12

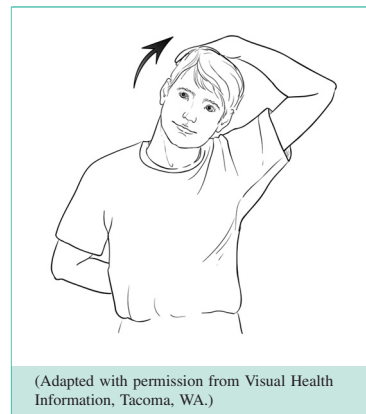
### Corner Stretches

- Stand in a corner with your hands against the walls at shoulder height.
- Lean into the corner until you feel a gentle stretch.
- Hold for 5 seconds.
- Perform 2 sets of 10 repetitions daily for 12 weeks.



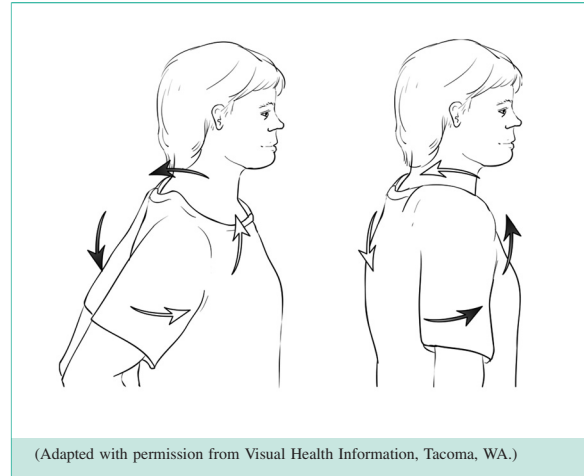
### Neck Stretches

- Place your left hand on the far side of your head and your right hand behind your back.
- Pull your head toward your shoulder until you feel a gentle stretch.
- Hold for 5 seconds.
- Switch hand positions and repeat the exercise in the opposite direction.
- Perform 2 sets of 10 repetitions daily for 12 weeks.



### *Shoulder Rolls*

- Roll your shoulders up, back, and then down in a circular motion.
- Perform 2 sets of 10 repetitions daily for 12 weeks.



### *Neck Retractions*

- Pull your head straight back, keeping your jaw level.
- Hold in the retracted position for 5 seconds.
- Perform 2 sets of 10 repetitions daily for 12 weeks.

