

Thoracic Outlet Syndrome Physical Therapy Exercises

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Single Arm Doorway Pec Stretch at 120 Degrees Abduction



Setup: Begin in a standing upright position in the center of a doorway.

Movement: With your elbow bent, place your forearm on the side of the doorway at roughly a 120-degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip: Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

Seated Scapular Retraction

STEP 1



STEP 2



Setup: Begin sitting upright in a chair.

Movement: Gently squeeze your shoulder blades together, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulders during the exercise.

Seated Shoulder Shrug Circles AROM Backward

STEP 1



STEP 2



Setup: Begin sitting upright in a chair.

Movement: Slowly move your shoulders up, backward, down, and forward. Continue the movements in a smooth, circular pattern.

Tip: Make sure to keep your neck relaxed and head still.

Snow Angels on Foam Roll



Setup: Begin lying with a foam roll vertically along the middle of your back, knees bent, and your arms resting on the ground.

Movement: Spread your arms straight out to your sides, then up overhead, as if you were making a snow angel, then bring them back down to your sides, and repeat. Your fingertips should stay in contact with the ground.

Tip: Make sure not to arch your back as you raise your arms overhead.

Chest Mobilization with Small Ball

STEP 1



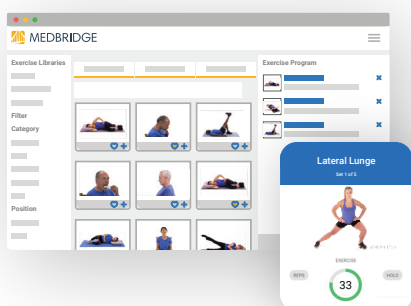
STEP 2



Setup: Begin sitting upright, holding a small, firm ball on your upper chest, just slightly inward and down from your shoulder joint.

Movement: Slowly roll the ball in circles until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip: Make sure to use just enough pressure that you feel a stretch, but no pain.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.