Thoracic Outlet Syndrome

Thoracic Outlet Syndrome is the compression of nerves and blood vessels cause pain and numbness in the shoulder, arm, and hand, due to injury, disease or congenital problem. Such as:

- Weak shoulder muscles
- Poor Posture
- Obesity
- Heavy Lifting
- Repetitive Overhead Activity

Symptoms

**Compression of the nerves:**
Vague aching pain in neck, shoulder, arm or hand. Pain, numbness and tingling can also occur on the inside of your forearm and radiates down to your 4th and 5th finger.

**Compression on Blood Vessels:**
Swelling and redness can occur due to lack of blood circulation. A feeling of coldness and fatigue are also symptoms of Thoracic Outlet Syndrome.

Who does it affect?

TOS affects more women than men and occurs primarily in people who are between the ages of 20-50 years old.

Diagnosis
Your doctor will take your medical history and go through a physical examination. Your doctor may have you perform special tests to exacerbate Thoracic Outlet Syndrome. Imaging may need to take place by use of X-ray, CT scan, Ultrasound or MRI.

**Treatment**

Treatment is primarily non-surgical and involves doing physical therapy to strengthen the weak shoulder muscles and stretch the tight pectoral muscle group. Surgery may be necessary but only in extreme cases.

Materials borrowed from The American Academy of Orthopaedic Surgeons @ www.aaos.org