

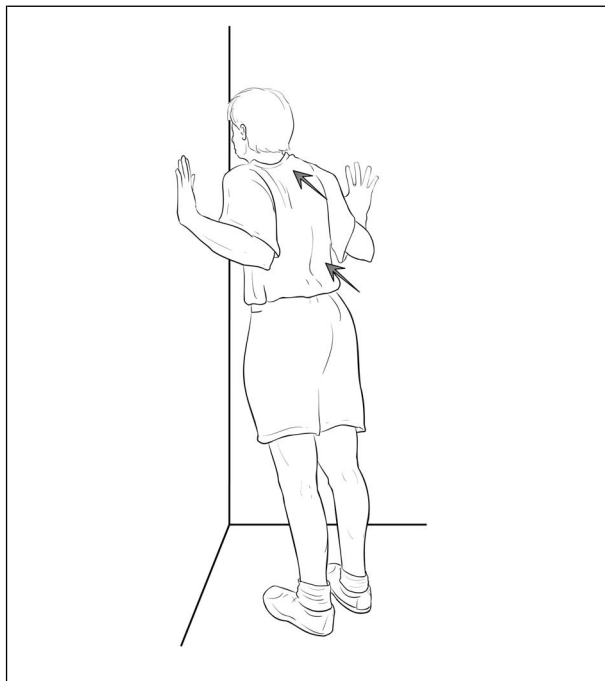
Exercise Program for: \_\_\_\_\_

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## 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.

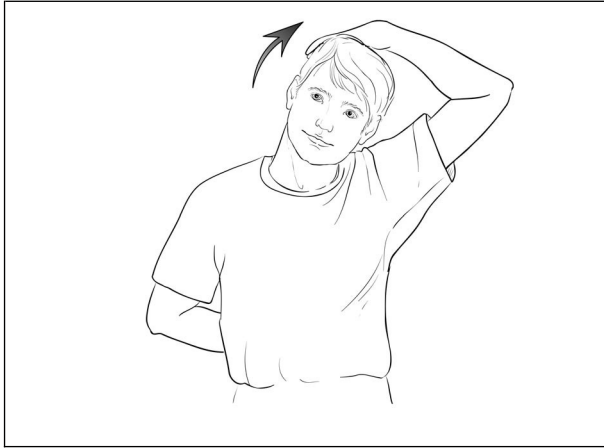
Exercise Type	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Corner stretches	10 repetitions/2 sets	Daily	12
Neck stretches	10 repetitions/2 sets	Daily	12
Shoulder rolls	10 repetitions/2 sets	Daily	12
Neck retractions	10 repetitions/2 sets	Daily	12



### CORNER STRETCHES

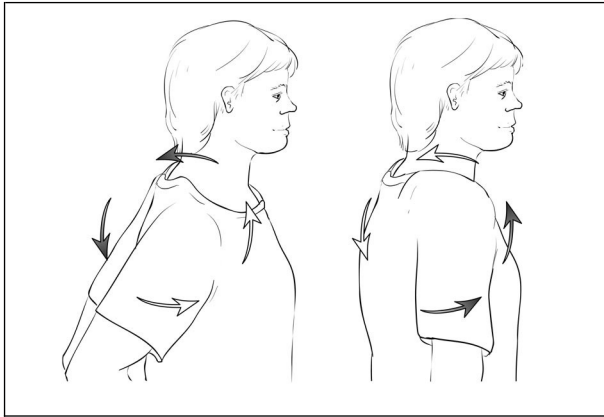
Stand in a corner with your hands against the walls at shoulder height. Lean into the corner until you feel a gentle stretch. Hold for 5 seconds.

Adapted with permission from Visual Health Information, Tacoma, WA.



## 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.



## SHOULDER ROLLS

Roll your shoulders up, back, and then down in a circular motion.



## NECK RETRACTIONS

Pull your head straight back, keeping your jaw level. Hold in the retracted position for 5 seconds.

Adapted with permission from Visual Health Information, Tacoma, WA.