
Learning Objectives

MedBridge

Treatment of Thoracic Outlet Syndrome: Addressing Shoulder and Upper Thoracic Limitations

Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT

Course Objectives:

- Perform joint-specific treatment to address limitations at the glenohumeral joint that contribute to TOS
- Demonstrate techniques to address limitations at the cervicothoracic junction
- Understand how to perform neural flossing techniques and address chronic pain considerations

Chapter 1: Joint-Specific Treatment to address Glenohumeral Joint Limitations

- Recognize how posterior GHJ tightness can contribute to poor scapular mechanics (i.e. anterior scapular tilting closing off the space beneath the pect minor)
- Perform joint mobilization techniques to address posterosuperior and posteroinferior GHJ limitations with the arm at the side
- Perform joint mobilization techniques to address joint-specific limitations at end-range in the anterior, inferior, and posterior directions

Chapter 2: Joint-specific Treatment to Address Limitations at the Cervicothoracic Junction

- Understand the precautions and contraindications associated with an upper thoracic gapping manipulation
- Perform joint-specific treatment to address limitations with T1-T6 rotation and extension

Chapter 3: Treatment Strategies for Addressing Adverse Neural Tension Issues and Chronic Pain

- Demonstrate neural flossing techniques for the median, radial, and ulnar nerves
- Understand how the sympathetic nervous system can adversely affect the patient's healing potential and techniques to reduce sympathetic output