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## Learning Objectives

MedBridge

*Identification and Evaluation of Thoracic Outlet Syndrome: Assessing the Elevation Chain*

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### Chapter 1: Scapular & Elevation Chain Assessment

- Review the function of the scapular muscles and how they control various scapular motions.
- Recognize common scapular positions that are associated with TOS.
- Understand how the Passive Elevation Test can be used as a screen to warrant further joint-specific testing of the ACJ and SCJ.
- Perform joint-specific testing of the ACJ and SCJ in relation to restoring full upper extremity elevation.

### Chapter 2: Glenohumeral Joint Assessment

- Recognize how posterior GHJ tightness can contribute to poor scapular mechanics (i.e. anterior scapular tilting closing off the space beneath the pect minor).
- Understand how the Passive Elevation Test can be used as a screen to warrant further joint-specific testing of the GHJ at end-range.
- Be able to perform GHJ testing with the arm at the side and at end-range.

### Chapter 3: Cervicothoracic Assessment

- Understand how to perform joint-specific testing with rotation and dorsal/ventral glide (i.e. extension) for T1-6 to promote end-range elevation.