

# Learning Objectives

MedBridge

*Treatment of Thoracic Outlet Syndrome: Where to Begin*

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

## **Chapter 1: Joint-Specific Treatment to Address 1<sup>st</sup> and 2<sup>nd</sup> Rib Limitations**

- Describe how mobilization of the 1<sup>st</sup> rib can open the costoclavicular space.
- Be able to perform joint-specific treatment for the 1<sup>st</sup> and 2<sup>nd</sup> ribs.
- Instruct patients with elevated 1<sup>st</sup> and 2<sup>nd</sup> ribs in appropriate home programs.

## **Chapter 2: Addressing Scapular Alignment and Dynamic Control**

- Perform scapular taping techniques to promote upward scapular rotation and elevation.
- Understand the most appropriate exercises to address scapular impairments.

## **Chapter 3: Joint-Specific Treatment to Address Limitations at the Acromioclavicular and Sternoclavicular Joints**

- Review the arthrokinematics of the SCJ and ACJ the 2 most important directions to restore mobility.
- Be able to perform joint-specific treatment of the ACJ and SCJ to optimize the costoclavicular space.