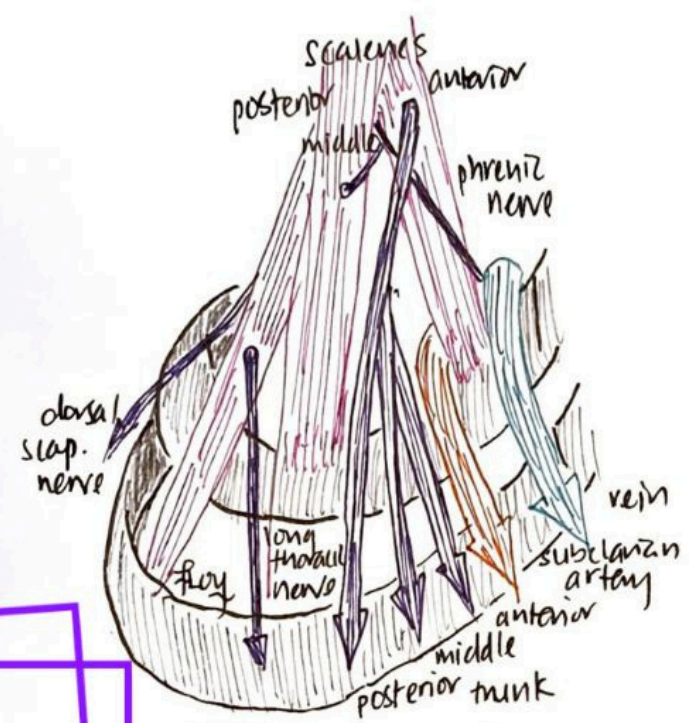


# Thoracic Outlet Syndrome: Tips to feel better



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## Exercises

- **Aerobic (cardiovascular) exercises**
  - low-medium intensity; at least 30 minutes; 3 times a day
    - eg. walking, cycling, swimming

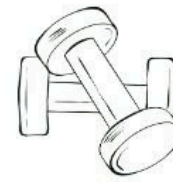


*If your symptoms limit aerobic activity, try short spurts (eg. brisk walk to the bus stop) or interval training*

- **Stretches**
  - neck, upper chest-back, shoulders-arms
  - keep stretches at least 30 seconds long;  $\leq 40\%$  stretch; at least 5 repetitions
  - Repeat regularly



- **Strengthening**
  - start with the lower body
    - eg. do not lift weights over head
  - Breathe normally, do not hold your breath or clench your teeth



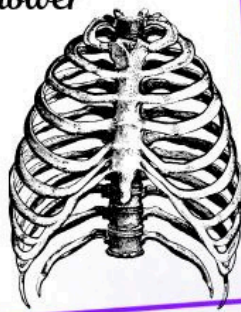
The Thoracic Outlet.....

- is a busy space
- may give rise to pains, tingling and numbness in the arms when tightness or congestions occur there



## Breathing

- Practise relaxed, mindful breathing periods throughout the day
- Breathe down to the lower chest (or expand the lower ribcage)
- Breathe out longer than breathing in; passive
  - Like a deflating balloon



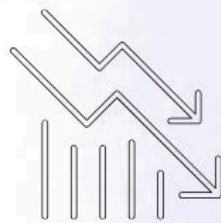
## Posture

- Be progressive; especially when ideal postures trigger pains
- allow 'slouch' breaks
- Build awareness
- Adjust ergonomics



## Pain flare-ups

- It is normal to have flare-ups
- Monitor the weekly trend
  - if it is progressively better, you are better



## Pacing

- Change your posture and activities regularly throughout the day
- Use stretching/breathing to help you pace

*When pain/tingling reminds you to move, it is too late!*

