

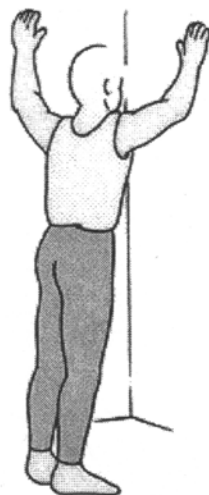
Thoracic Exercises

- **Scalene Stretch:** This stretches the neck muscles that attach to your ribs. Sitting in an upright position, clasp both hands behind your back, lower your left shoulder, and tilt your head toward the right. Hold this position for 15 to 30 seconds and then come back to the starting position. Lower your right shoulder and tilt your head toward the left until you feel a stretch. Hold for 15 to 30 seconds. Repeat 3 times on each side.
- **Pectoralis Stretch:** Stand in a doorway or corner with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3 times.
- **Scapular squeezes:** While sitting or standing with your arms by your sides squeeze your shoulder blades together and hold for 5 seconds. Do 3 sets of 10.
- **Thoracic extension:** While sitting in a chair, clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times per day.
- **Arm slides on wall:** Sit or stand against a wall with your elbows and wrists against the wall. Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall. Do 3 sets or 10.

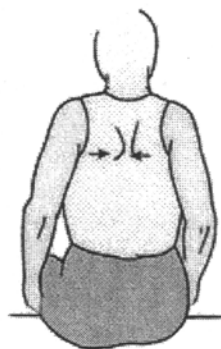
Thoracic Outlet Syndrome Exercises



Scalene stretch



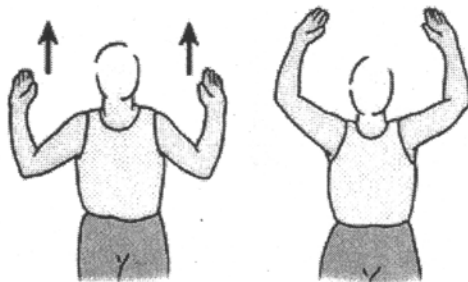
Pectoralis stretch



Scapular squeezes



Thoracic extension



Arm slides on wall