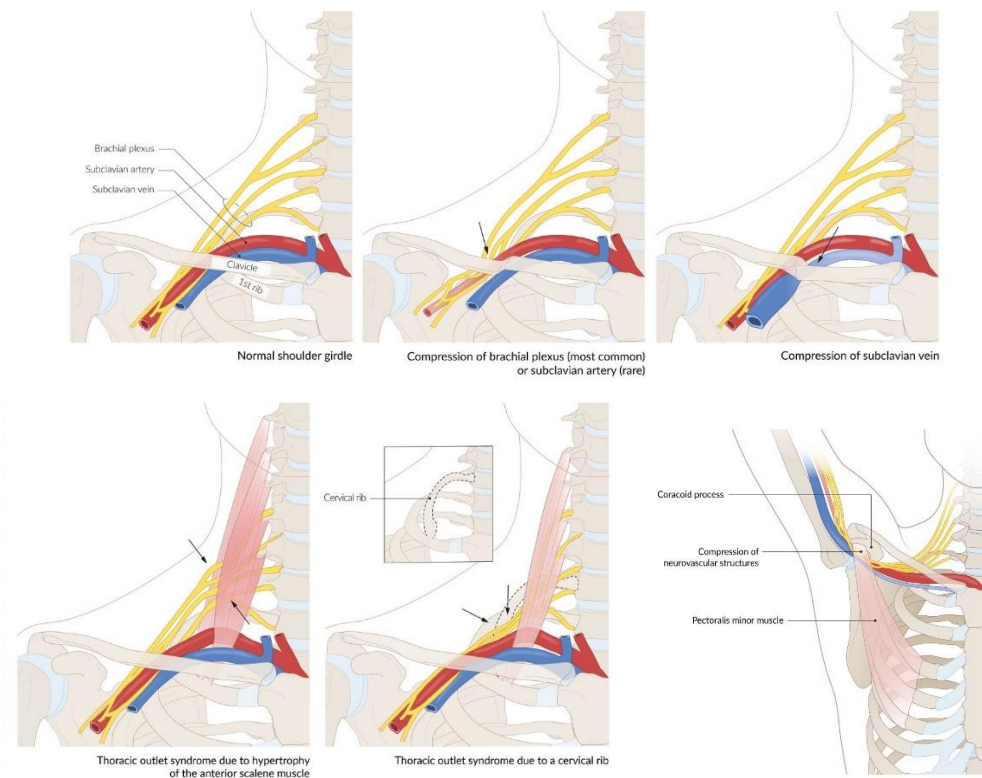




Thoracic Outlet Syndrome

What is Thoracic Outlet Syndrome (TOS)?

TOS is a condition involving compression of a nerve, artery, and/or vein as it passes from the lower neck to the armpit. Compression of the nerves is most common. TOS occurs most commonly in throwing athletes (ie: baseball players) who perform repetitive overhead motions. Common causes include: trauma, repetitive motions (tennis, baseball, swimming), extra rib (cervical rib), or tumors.



What are common signs & symptoms?

Numbness and tingling in the fingers, pain that can worsen with continued movement, paleness, coldness, no pulse, and swelling.

Diagnosing:

Your doctor may perform multiple physical exam tests and order imaging studies (Xray, Doppler Ultrasound, MRI, etc). Some of these tests are commonly done with dynamic overhead positions of the arm.

Treatment:

- Mild Symptoms – Physical therapy, activity modification
- Surgery – for severe symptoms or if conservative treatment failed