

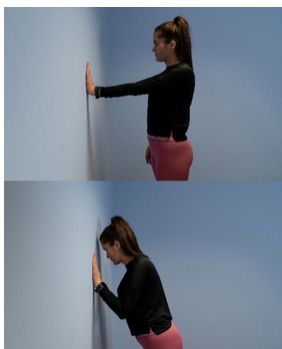
Thoracic Outlet Syndrome Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



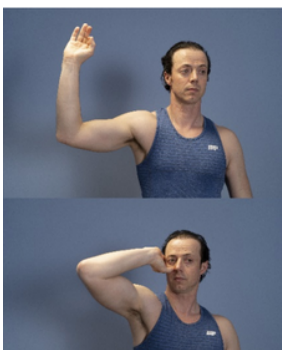
1. Reverse fly

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 3 times.**



2. Single arm wall press

- Stand approximately one small step away from the wall.
- Place one hand chest high on the wall so that your elbow is slightly bent.
- Bend your elbow to take your head and shoulders closer to the wall.
- Push against the wall to return to starting position.
- **Perform this exercise up to 6 times, rest for 1 minute.**
- **Repeat routine 3 times.**



3. Ulnar Nerve Stretch

- Make a zero shape with your finger and thumb, hold your arm out to the side, wrist and elbow level with shoulder or as close as possible.
- Bend the elbow to 90 degrees, turn the wrist to face the head and turn your head to look at your wrist. Bring the fingers to touch the forehead meeting in the middle.
- Now bring your wrist and head back apart, turn your head and wrist to face away from each other and them back to facing each other.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine twice.**