THORACIC OUTLET SYNDROME: Symptoms and Treatment

- TOS begins with the nerves, arteries, and veins running through the armpit becoming compressed.
- Symptoms such as pain, numbness, and impaired circulation may occur in the neck, shoulder, arm, or hands.
- TOS is caused by compression of the structures in the shoulder.
- NST restores the proper alignment of the shoulders and opens up the Thoracic Outlet to release pressure on the nerves, veins, and arteries of the arm.

SYMPTOMS
The Thoracic Outlet is a space between the base of the neck (collar bone) and the armpit through which run the nerves, veins, and arteries that supply the arm and hand. When diagnose with Thoracic Outlet Syndrome, these structures are compressed by surrounding structures as they pass through the shoulder. Patients may have the following symptoms:

- Numbness or Tingling in the Arm or Hand
- Pain in the Shoulder or Neck
- Weakening Grip
- Discoloration of the Hand
- Swelling or Trigger Points in the Arm and Shoulder
- Weak or No Pulse in the Arm
- Small Black Spots (Infarcts) in the Hand

CAUSES
Usually thought to be a structural defect, TOS is often present in those who were born with an extra rib near their neck. Thoracic outlet syndrome can also be caused by overuse or repetitive use such as typing on a computer or lifting items above the head. Poor posture and weight gain can also compress the nerves leading to TOS. Most cases of the condition are idiopathic diagnoses, having no known cause. In many cases we find that postural distortions originating from either a muscular imbalance or structural asymmetries are completely overlooked as the root cause of TOS.
RESTORE ALIGNMENT TO RESTORE FUNCTIONALITY
Since the pain and other symptoms of Thoracic Outlet Syndrome are caused by compression of the internal structures, Neurosomatic Therapy has been extremely successful in treating the condition. When proper alignment is restored, the internal structures are no longer being compressed. The role of postural distortion in conditions such as shoulder pain is obvious. When we recognize that these distortions also have a profound effect on vital areas deep in the shoulder, we have a much greater opportunity for healing. After a thorough evaluation, Neurosomatic Therapists are able to look at all postural distortions in order to alleviate pain. As with our approach to relieving pain in any situation, creating balance and symmetry is the key.

Call today to let one of our expert therapists answer any questions you may have regarding treatment of Thoracic Outlet Syndrome at (941)-735-0205 or email us at Sarasotaptc@gmail.com.

CALL TODAY – 941.735.0205