A PRACTICAL GUIDE TO TREATING THORACIC OUTLET SYNDROME

COURSE OUTLINE

Online course 3.5 Contact Hours/ CEU's 0.35

Duration (in minutes)

TIME	TOPIC
25:00	Anatomy and pathoanatomy of TOS
25:00	TOS evaluation: C-spine screen, Elevated Arm Stress test, Cyriax Release test, and Cervical Rotation Lateral Flexion test
50:00	Review of scapular muscle function, assessing resting scapular position and scapulohumeral rhythm. Exercise considerations and demonstrates of two different scapular taping techniques
27:00	Soft tissue techniques, 1st rib mobilization & home program
40:00	Glenohumeral joint (GHJ) mobilization techniques to address posterior capsule tightness
15:00	Jenkner technique to facilitate cervicothoracic mobility
15:00	Case Study, questions/discussion
13:00	Assessment: The lecture module is followed by 11 assessment questions. The last assessment question is followed by a Course Evaluation Survey