

EXAMINATION OF THORACIC OUTLET SYNDROME

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

PROVOCATION TESTS FOR TOS

Elevated Arm stress Test (Roos)

Cyriax release maneuver

Extra tests

Adson Test

Eden Test

Wright Test

MOBILITY TESTS FOR FIRST RIB

Cervical Rotation Lateral Flexion (Lindgren) test for first rib

First rib end-feel test

OTHER TESTS: MOBILITY TESTS FOR ELEVATION CHAIN

Clavicle (Helfett) test

Scapulothoracic stability

SCJ joint play

ACJ joint play

GHJ joint mobility, joint play

Rib testing:

- position test

- spring test

TESTS IN SITTING:

Rib 1

First Rib: Cervical Rotation Lateral Flexion (Lindgren) Test (mobility)

Spring test for 1st rib (end-feel)

Ribs 2 to 12:

Position test: cranial to caudal

Position test: caudal to cranial

Springing test: pain provocation and end-feel

OTHER TESTS:

First rib: joint play test for mobility and end-feel in supine - costotransverse: -
costovertebral

Ribs 2 to 10: Costotransverse joint play in prone (pain provocation and end-feel)