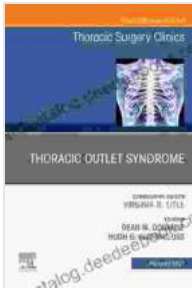


# Thoracic Outlet Syndrome: A Comprehensive Examination for Thoracic Surgery Specialists



## Thoracic Outlet Syndrome, An Issue of Thoracic Surgery Clinics , E-Book (The Clinics: Surgery 31)

by John Walshe

★★★★★ 5 out of 5

Language : English  
File size : 42427 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Screen Reader : Supported  
Print length : 278 pages



Thoracic outlet syndrome (TOS) is a condition that occurs when the nerves and blood vessels in the space between the collarbone and first rib are compressed. This can cause pain, numbness, and weakness in the arm and hand. TOS is a relatively rare condition, but it can be a significant problem for those who have it.

There are a variety of causes of TOS, including:

- Anatomic abnormalities, such as a cervical rib or a tight scalene muscle
- Trauma, such as a car accident or a fall
- Repetitive overhead activities, such as working at a computer or playing tennis

- Certain medical conditions, such as diabetes or obesity

The symptoms of TOS can vary depending on the severity of the compression. Mild cases of TOS may only cause occasional pain or numbness in the arm or hand. More severe cases can cause constant pain, weakness, and difficulty using the arm or hand.

## **Diagnosis**

The diagnosis of TOS is based on a physical examination and a medical history. Your doctor will ask you about your symptoms and perform a physical examination to look for signs of compression. Your doctor may also order imaging tests, such as an X-ray or MRI, to confirm the diagnosis.

## **Treatment**

The treatment of TOS depends on the severity of the compression. Mild cases of TOS may be treated with conservative measures, such as:

- Physical therapy to improve range of motion and reduce pain
- Medication to relieve pain and inflammation
- Activity modification to avoid activities that aggravate symptoms

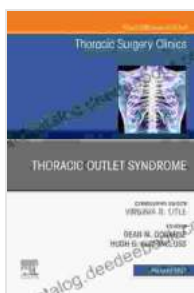
More severe cases of TOS may require surgery to relieve the compression. Surgery is typically performed through a small incision in the neck or armpit. The surgeon will release the compressed nerves and blood vessels and may also remove any anatomic abnormalities that are causing the compression.

## **Prognosis**

The prognosis for TOS is generally good. Most people who are treated for TOS experience significant improvement in their symptoms. However, some people may continue to have some pain or numbness in the arm or hand.

Thoracic outlet syndrome is a condition that can cause pain, numbness, and weakness in the arm and hand. The condition is caused by compression of the nerves and blood vessels in the space between the collarbone and first rib. Treatment for TOS depends on the severity of the compression and may include conservative measures, such as physical therapy and medication, or surgery.

If you are experiencing symptoms of TOS, it is important to see your doctor to get a diagnosis and treatment plan. Early diagnosis and treatment can help to improve the prognosis and prevent long-term problems.



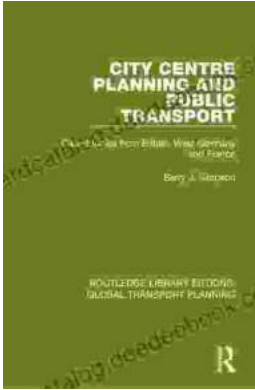
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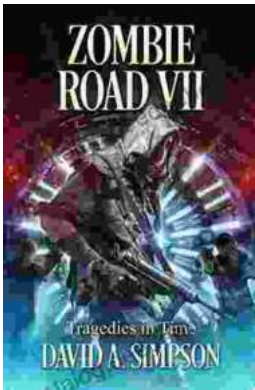
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