

## **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](http://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 1<sup>st</sup> 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)