

# Thoracic Outlet Syndrome from Forward Head Posture



**KORU**

Chiropractic Corrective Care  
Family Focused. Results Driven.

## 4 Exercises and Stretches

**These exercises and stretches are great for strengthening healthy spines and shoulders but also for rehabilitating forward head posture which may be causing TOS.**

**Complete these exercises and stretches for two weeks, if you do not see any results or the pain persists consult a professional.**



Koru Chiropractic



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956 W Cherry St. #102 Louisville, CO 80027

# Stretches for TOS

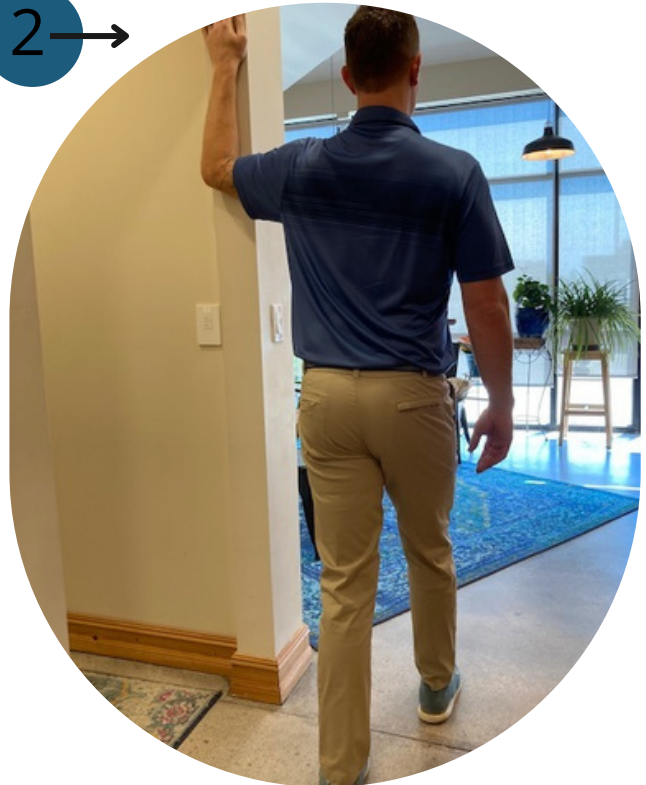
## Pec Stretch

- To begin this stretch, start by placing your hand at a 90-degree angle on a door frame,
- Bring your opposite leg slightly forward to stabilize your body.
- Lean your body forward until you feel the stretch throughout your chest.
- Do this stretch for 30 seconds then switch sides. Repeat 2-3x a day or as needed.

1 →



2 →



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# Stretches for TOS

## Lat Stretch



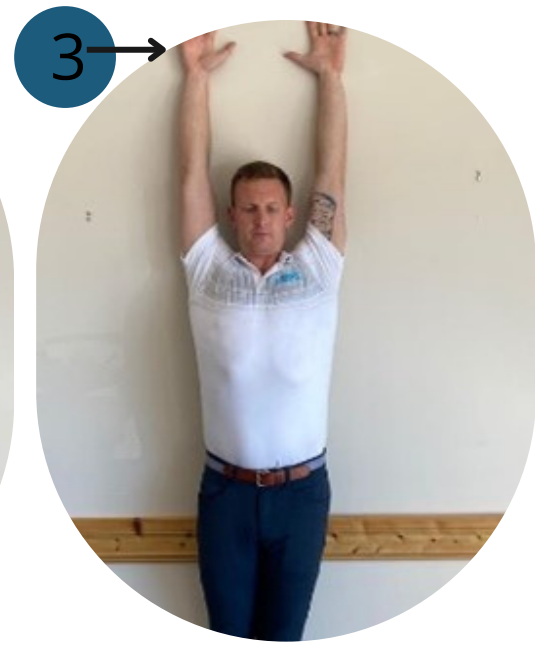
- To begin this stretch you want to start by grabbing a firm grasp of a doorframe. You want your feet to be shoulder-width apart parallel and the floor.
- After having a firm grasp of the door frame sink down slowly into the stretch by keeping your head down and butt out.
- Make sure you come out of this stretch slowly.
- Do this stretch 30 seconds on each side 2-3x a day or as needed



# Exercises for TOS

## Wall Angels

- Stand against the wall. Your heels, hips, and shoulders are flush against the wall.
- Put your arms up at a 90-degree angle like a cactus.
- Keep your shoulders, elbows, wrists, and back of your hands against the wall as you move up and down like a snow angel.
- Do this exercise for 10-12 reps on each side. Repeat 2-3x a day or as needed.



# Exercises for TOS

## "Hit the Road Jack"



- Open up the chest while stretching the pecs.
- Turn your thumbs out as you "hit the road jack" extending and rotating your arms behind you activating the muscles between your shoulder blades (rhomboid)
- Do this exercise for 10-12 reps, 2-3x a day or as needed.
- This exercise can also be performed with a Theraband.

