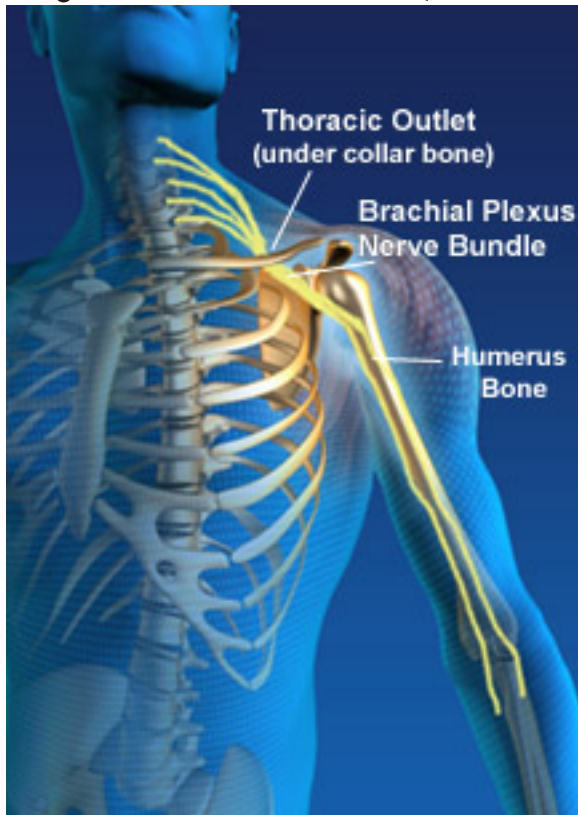


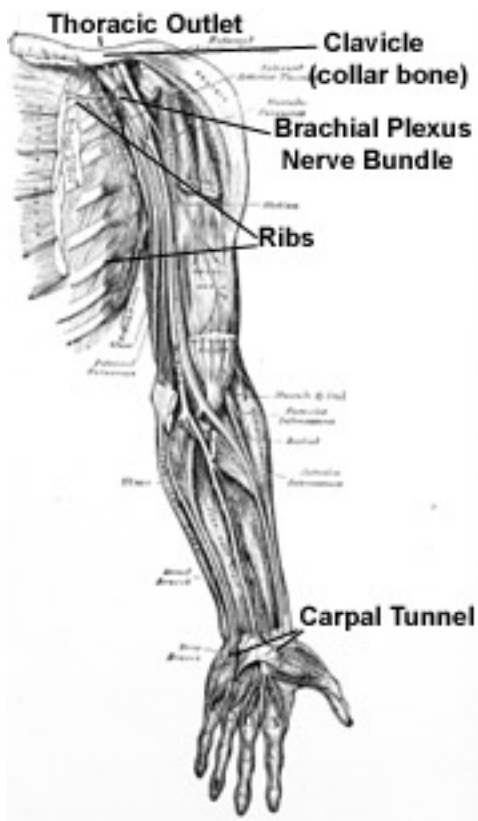
Massage Therapy for Thoracic Outlet Syndrome

Do You Have Thoracic Outlet Syndrome (TOS)?



You likely feel this pain in your neck, arm or hand. It's often an electrical or throbbing feeling that travels down your arm and can make your hands weak. Impingement in this area can cause secondary symptoms such as [carpal tunnel pain](#).

Understanding Thoracic Outlet Syndrome.



The thoracic outlet is the space under the collar bone where the bundle of nerves from the neck enter the thorax/chest and proceed toward the humerus bone of the arm. This nerve bundle can be impinged by the bones or muscles of the neck, the collar bone “locking down” against the ribs, tight pectoralis major or minor muscles or a rotated shoulder joint or shoulder girdle. You may also have a herniated disc.