

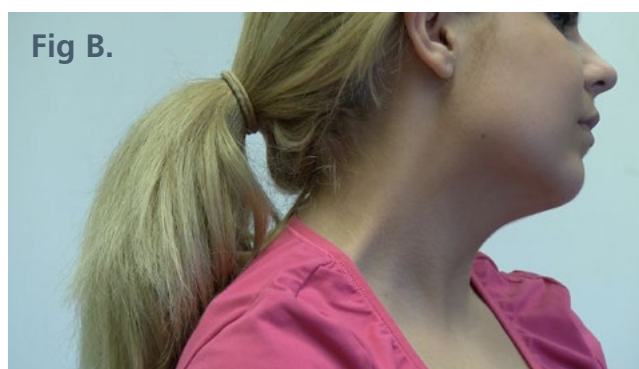
Thoracic outlet syndrome neck stretch



Sitting with good posture (**Fig A**), slowly turn your head a quarter turn away from the affected side, then slowly and gently tilt your head until you feel a gentle stretch and the front and side of your neck (**Figs B and C**).

Hold and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free '**QR code reader**' app from your app store and scan.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.



Physiotherapy
Patient information