

The role at rehabilitation in treatment of thoracic outlet syndrome

abstract

Intruduction: Thoracic outlet syndrome is a complex disorder caused by neurovascular irriation in the region of the thoracic outlet. The syndrome have been said to be mainly due to anomalous structures in the thoracic outlet, treatment for thoracic outlet syndrome varies among different institutions, and there has not been any standard program. in general conservative and surgical treament can be do if necessary.

Materralial and methods: The rehabilitation program consists of exercise and physiotherapy and brace designed to hold the posture in which thoracic outlet is enlarged. exercise program was designed simple enough to be performed in the daily living or during work after minimal training and isometric exercises of serratus anterior, levator scapulae and elector spinae muscles to be performed in one posture: flexion and elevation of scapular girdle and correction position of upper-thoracic spine. During 7 years i evaluated 131 cases of (t.o.s.) that 26 cases (20%) have operated and 84 cases (64%) have treated with conservative treatment and 21 cases (16%) have been candidated for surgery but they didn't accepted.

Results: All of the cases have treated with conservative treatment for four months. 84 cases responded well and no further treatment was needed. 47 cases were not satisfied with the outcome of their treatment, that 26 cases have operated and 21 cases have not accepted the operation and cntinued the conservative treatment, they have had pain and sliglyt disability. 23 cases of operated group responded well and they have retumed to work, one cases have had neuroparexia for about one year.

Conclusion: Most cases of thoracic outlet syndrome (T.O.S.) can be treated conservatively. surgically treatment is indicated only in cases severe enough to make them disable to work. It is better all the patients undergo conservative treatment for at least four months then will decided for surgical treatment.

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