

Physiotherapy Exercises Post Rib Resection for Thoracic Outlet Syndrome

First rib resection is a surgery to ease the symptoms of thoracic outlet syndrome. The first rib is removed to make more room for the blood vessels and nerves and relieve the pressure on them. The pain and numb feeling should lessen as your body heals.

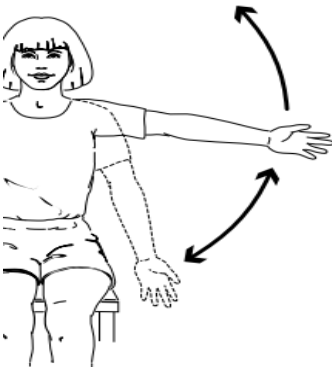
Activity after your operation:

- You can be up on your feet as much as you like.
- You can use your arm on the side of surgery for light activities.
- Avoid heavy lifting > 2kg until you have had a follow up appointment with your doctor. Also avoid pulling, stressful movements of the arm and sports until your appointment.
- Do not drive until you can move your arm with ease and without pain (approx. 2-3 weeks)
- No scrubbing floors or vacuuming for 3 weeks

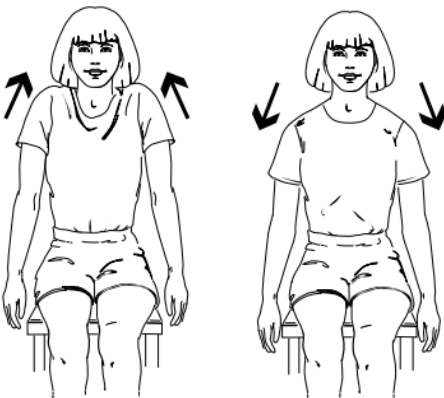
Range of Movement Exercises:



Start with your arms by your side
With your palms facing each other, raise your arms in front of you as far as you can
Return to the starting position



Start with your arms by your side
With your palms facing forward, extend your arms out to the side
Return to the starting position



Shrug your shoulders up toward your ears
Drop them down
Repeat

Repeat your exercises 10 times each, twice per day. You may feel some discomfort but they should not cause you pain. If you have ongoing shoulder movement problems, please contact the ward for referral to a physiotherapist.