Flex Therapist CEUs

Thoracic Outlet Syndrome

- 1. Which is not an area of compression with TOS?
- A. Interscalene Triangle
- B. Costoclavicular Space
- C. Subcoracoid Space
- D. Axillary Space
- 2. All of the following are motions that occur at the glenohumeral joint EXCEPT for:
- A. Flexion
- B. Extension
- C. Scaption
- D. Adduction
- 3. What muscle elevates, retracts and rotates the scapula?
- A. Trapezius
- B. Deltoid
- C. Pectoralis Major
- D. Scalene
- 4. What nerve roots make up the brachial plexus?
- A. C4 to C8
- B. C5 to T3
- C. C5 to T1
- D. C6 to T3
- 5. What is the action of the latissimus dorsi?
- A. Humerus Abduction and Internal Rotation
- B. Humerus Abduction and External Rotation
- C. Humerus Internal Rotation and Adduction
- D. Humerus Extension and External Rotation
- 6. What is a common cause of true neurogenic TOS?
- A. Cervical Rib

B. Deltoid Hypertrophy C. Scalene Hypertrophy D. Enlarged First Rib
7. What percentage of TOS cases are arterial?
A. 10% B. 20% C. 90% D. 5%
8. What space is compressed in the thoracic outlet with Hyperabduction Syndrome?
A. Costoclavicular Space B. Subcoracoid Space C. Axilla D. Interscalene Triangle
9. What actions at the scapula produce scapular depression?
A. Depression and RetractionB. Elevation and ProtractionC. Upward Rotation and DepressionD. Downward Rotation and Depression
10. Which upper extremity muscle is not innervated by the brachial plexus?
A. Deltoid B. Middle Scalene C. Latissimus Dorsi D. Trapezius
11. What factor distinguishes disputed versus true neurogenic TOS?
A. Hand Atrophy B. Neurodiagnostic Tests C. Paresthesia D. Sharp Arm Pain
12. What percentage of patients with neurogenic TOS experience headaches?
A. 40% B. 25% C. 90%

D. 13/6	
13. What age group is most at risk for neurogenic TOS?	
A. 1st decade	
B. 3rd decade	
C. 6th decade	
D. At birth	
14. Which nerve root contributes to elbow flexion and wrist extension?	
A. C2	
B. C5	
C. C6	
D. C8	
15. Which of the following tests for compression of the axillary vasculature by the scalenes or firrib?	st
A. Adson Test	
B. ROOS Test	
C. Wright's Test	
D. Elvey Test	
16. Which test examines tension of the brachial plexus?	
A. Adson Test	
B. ROOS	
C. Wright's Test	
D. Elvey Test	
17. Which test examines mobility of the first rib?	
A. Adson Test	
B. Wright's Test	

18. Which condition is characterized by chronic diffuse pain, history of trauma or nerve damage and sensory changes?

A. CRPS

D. Elvey Test

B. Brachial Plexus Injury

C. Cervical Rotation Lateral Flexion

C. Neuralgic Amyotrophy

D. Cervical Radiculopathy

19. What is the first line of treatment for arterial TOS?

- A. Physical Therapy
- B. NSAIDs
- C. Surgery
- D. Muscle Relaxants

20. Which outcome measure consists of 13 questions and captures pain and dysfunction in the hand, arm and shoulder?

- A. McGill Pain Questionnaire
- B. QuickDASH
- C. CBSQ
- D. SPADI

21. Which exercise improves position of the shoulder girdle prior to sleeping?

- A. Adson Maneuver
- B. Cyriax Release Maneuver
- C. Diaphragmatic Breathing
- D. ROOS Maneuver

22. Which manual therapy technique may be most useful for gaining mobility in TOS treatment?

- A. Glenohumeral Distraction
- B. Grade 3 Posterior Glenohumeral Glide
- C. Grade 1 Anterior Glenohumeral Glide
- D. Cervical Upslope

23. What is a self mobilization that patients can complete safely at home?

- A. Cervical Lateral Glide
- B. Glenohumeral Posterior Glide
- C. Suboccipital Release
- D. Prone Thoracic Mobilization

24. Which intervention aims to increase mobility of nervous tissue?

- A. Brachial Plexus Stretching
- B. Inferior Glenohumeral Glide
- C. Cubital Tunnel Release
- D. Median Nerve Tensioner

25. What is the goal of the initial phase of rehabilitation for neurogenic TOS?

- A. Pain Control
- B. Strengthening
- C. Return to Work
- D. Normalize Mobility in the Thoracic Outlet

26. What is a main goal of the second stage of TOS rehabilitation?

- A. Pain Control
- B. Activation of Shoulder Girdle
- C. Normalizing Range of Motion and Paresthesia in the Thoracic Outlet
- D. Achieving a Full Night of Sleep

27. Which exercise is important for reducing forward head posture?

- A. Supine Chin Tucks
- B. Scapular Depression
- C. Glenohumeral Flexion
- D. Cervical Extension

28. What muscle is likely weak with scapular tipping?

- A. Upper Trapezius
- B. Levator Scapulae
- C. Teres Minor
- D. Serratus Anterior

29. What is the purpose of ultrasound and TENS for TOS rehabilitation?

- A. Patient Education
- B. Pain Control
- C. Restoring Mobility
- D. Improving Paresthesia

30. What is a commonly prescribed stretch for neurogenic TOS?

- A. Rhomboid
- B. Serratus Anterior
- C. Anterior Scalene
- D. Suboccipitals

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