

# 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
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**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 Retraction
  - B. Elevation and Protraction
  - C. Upward Rotation and Depression
  - D. 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
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**12. What percentage of patients with neurogenic TOS experience headaches?**

- A. 40%
- B. 25%
- C. 90%

D. 75%

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**13. What age group is most at risk for neurogenic TOS?**

- A. 1st decade
  - B. 3rd decade
  - C. 6th decade
  - D. At birth
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**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 first rib?**

- 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
  - C. Cervical Rotation Lateral Flexion
  - D. Elvey Test
- 

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

- A. CRPS
- B. Brachial Plexus Injury
- C. Neuralgic Amyotrophy

D. Cervical Radiculopathy

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

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