

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 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

12. What percentage of patients with neurogenic TOS experience headaches?

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

D. 75%

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 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

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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