

Shoulder, arm & thoracic outlet - education & notes

Clinical-source reading and an observation workbook for neck & shoulder.

01 / Recognize the pattern

One arm may feel tingly, tired, painful or cold. Swelling or color change can involve blood vessels as well as nerves. Nerves and blood vessels passing near the upper ribs.

02 / Understand the limits

Thoracic outlet symptoms overlap other conditions. Medical examination is needed to distinguish nerve involvement from vascular problems.

03 / Movement and rehabilitation

For an assessed condition, clinicians may use stretching and strengthening that reduces pressure in this area. Open the official physiotherapy leaflet for illustrated options; it is not a universal overhead routine.

04 / Review and warning signs

Do not treat a swollen, warm, red, blue, pale or cold arm as an ordinary muscle tightness problem. A painful, swollen, warm arm needs urgent care. Sudden breathlessness, sharp chest pain or coughing blood needs emergency care.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nhs.uk/conditions/thoracic-outlet-syndrome/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.