**Progressive Resistive Exercises After Surgery for Thoracic Outlet Syndrome**

- **External Rotation (side lying)**
  - Raise arm up toward ceiling.
  - Keep arm bent and in at side.
  - Repeat 20 times with 2 pounds.
  - Do 2 sessions per day.

- **Standing Shoulder External/Internal Rotation in Abduction**
  - With upper arms parallel to floor and elbows bent at right angle, gently rotate arms upward then downward as far as possible without pain.
  - Repeat 20 times per set. Do 2 sets per session.
  - Do 2 sessions per day.

- **Standing Shoulder Abduction**
  - Bring arms straight out from sides and raise as high as possible without pain.
  - Repeat 20 times per set. Do 2 sets per session.
  - Do 2 sessions per day.

- **Standing Shoulder External/Internal Rotation**
  - With upper arms straight out in front and parallel to floor, keep elbows bent at right angle and rotate upward and downward as far as possible without pain.
  - Repeat 20 times per set. Do 2 sets per session.
  - Do 2 sessions per day.

- **Standing Shoulder Flexion**
  - Bring arms straight out in front and raise as high as possible without pain.
  - Keep palms facing up, down and inward.
  - Repeat 20 times per set. Do 2 sets per session.
  - Do 2 sessions per day.