



Sore Shoulder Could Be Sign of Serious Clot Condition

Thoracic outlet syndrome can be underdiagnosed, treatment may mean rib removal

The Ohio State University Wexner Medical Center

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Package Length: 1:34	Content provided by: The Ohio State University Wexner Medical Center

SUGGESTED TEASE	STILL TO COME, YOU MAY THINK IT'S JUST TIGHTNESS IN YOUR SHOULDER, BUT IT MAY BE A MORE SERIOUS CONDITION THAT CAN CAUSE BLOOD CLOTS. LEARN ABOUT A SURGERY THAT CAN HELP, COMING UP IN HEALTH NEWS.
ANCHOR LEAD	IF YOU PLAY SPORTS OR YOU DO ANY KIND OF REPETITIVE ARM MOTION WHEN YOU WORK, YOU'VE PROBABLY FELT SORENESS IN YOUR SHOULDERS AT SOME POINT. BUT IF YOU HAVE CHRONIC TIGHTNESS IN THAT AREA, IT COULD BE SOMETHING MUCH MORE DANGEROUS THAT CAN CAUSE BLOOD CLOTS IF NOT TREATED ¹ . CLARK POWELL HAS MORE ON A SURGERY THAT BRINGS RELIEF.
	(Nats -Sandy playing tennis) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Shots of Sandy playing tennis	SANDY NIEHAUS (NEE -house) ALWAYS HAD TIGHTNESS IN HER SHOULDER, BUT AS AN AVID TENNIS PLAYER THAT DIDN'T SEEM UNUSUAL. UNTIL ONE DAY DURING PRACTICE HER ARM SUDDENLY BECAME SWOLLEN AND SORE. :08
CG: Sandy Niehaus Had thoracic outlet syndrome	"I had a blood clot in my arm, going from pretty much the middle of my forearm to the middle of my chest." :05
Shots of Dr. Vaccaro with Sandy Graphic - show thoracic outlet compression	AFTER HAVING THE CLOT REMOVED, NIEHAUS WENT TO SEE DOCTOR PATRICK VACCARO (vuh- CARE -oh) AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER WHO SAID THE CLOT WAS CAUSED BY THORACIC OUTLET SYNDROME. A CONDITION THAT COMPRESSES THE NERVES, ARTERY AND VEIN BETWEEN THE COLLARBONE AND THE FIRST RIB. :14
CG: Dr. Patrick Vaccaro Ohio State Wexner Medical Center	"We do an operation where we go either above the collarbone or through the armpit, and we take the front two-thirds or more of the first rib out to open that space up so there's no longer any compression on that vein." :12

Shots of Sandy playing tennis Shot of someone working at desk Shot of Dr. Vaccaro with patient	<p>THAT COMPRESSION IS COMMONLY CAUSED BY REPETITIVE OVERHEAD MOTIONS AND CAN BE SEEN IN ANYONE FROM ATHLETES TO THOSE WHO WORK AT A DESK WITH THEIR ARMS TOO HIGH.</p> <p>DOCTOR VACCARO SAYS MANY SUFFER WITH ARM PAIN, NUMBNESS AND WEAKNESS FOR YEARS WITHOUT A DIAGNOSIS. :12</p>
Dr. Vaccaro (CG'd earlier)	<p>"They don't know to look for it, and that's how these people end up trickling their way down through neurologists and pain management people, and they make their way to us." :11</p>
Shots of Sandy being examined	<p>NIEHAUS SAYS HER BLOOD CLOT IS EVIDENCE THAT SHE HAD THORACIC OUTLET SYNDROME LONG BEFORE SHE WENT TO THE HOSPITAL. :05/1:09</p>
Sandy Niehaus (CG'd earlier)	<p>"I just thought it was like a bicep strain or that I did something to my tricep. I had no idea that it was as serious as a blood clot." :08</p>
Shots of Sandy playing tennis	<p>NOW, AFTER RIB REMOVAL SURGERY, SHE'S BACK ON THE COURT AND HER TENNIS GAME IS BETTER THAN EVER. :04</p>
Sandy Niehaus (CG'd earlier)	<p>"I don't really get tight up there anymore, and when I do, it just takes very minimal release to get it to go back to normal. So the surgery has helped tremendously." :10</p>
	<p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING :03</p>
ANCHOR TAG	<p>ONLY ABOUT A THIRD OF PATIENTS WHO DEVELOP THORACIC OUTLET SYNDROME CAN RECOVER WITH PHYSICAL THERAPY. MOST WILL REQUIRE SURGERY TO REMOVE PART OF THE RIB TO RELIEVE THE PRESSURE.</p>
 Share it! Suggested tweet:	<p>Could your sore shoulder be a more serious condition? See how doctors @OSUWexMed resolve the issue: bit.ly/20rAOzN</p>
 Suggested post:	<p>The pain and tightness in your shoulder could actually be thoracic outlet syndrome, a condition that compresses the blood vessels and nerves between the clavicle and first rib. This isn't just uncomfortable, it can cause dangerous blood clots. Learn how doctors at The Ohio State University Wexner Medical Center relieve the pressure: http://bit.ly/20rAOzN</p>
References -	<p>¹<i>Thoracic Outlet Syndrome</i>, The Ohio State University Wexner Medical Center: https://wexnermedical.osu.edu/heart-vascular/conditions-treatments/thoracic-outlet-syndrome</p>
	Extra Bites
CG: Dr. Patrick Vaccaro Ohio State Wexner Medical Center	<p><i>Dr. Vaccaro explains how desk workers develop thoracic outlet syndrome-</i></p>

	<p>“You tend to see people who do clerical work do this because they’re typing and they’re keyboarding and they’re turning their head a lot and it does make some changes that occur in the muscles that then could put compression on the nerve.”</p>
<p>CG: Dr. Patrick Vaccaro Ohio State Wexner Medical Center</p>	<p><i>Dr. Vaccaro talks about how physical therapy can be used in treatment -</i> “In people with neurologic compression, we generally subject all those people to a physical therapy ahead of time to try to strengthen their shoulder, improve their posture, and in doing so, about a third of people will actually get better with that.”</p> <p><i>Dr. Vaccaro talks about the impact the surgery has on his patients -</i> “I’ve had several patients in whom it’s been life-changing for them, where you go ahead and do this, and it’s the first time they remember not being in pain.”</p>
<p>CG: Sandy Niehaus Had thoracic outlet syndrome</p>	<p><i>Sandy talks about now knowing she had thoracic outlet syndrome -</i> “They did say that because the blood clot was so big, it had been happening for a while. So the blood clot had been increasing over time.”</p> <p><i>Sandy talks about the pain when her arm swelled -</i> “When they discovered the blood clot, I could not lift my arm up because it was so painful.”</p> <p><i>Sandy talks about how much rib removal surgery helped her -</i> “The surgery has made my life a lot easier in terms of being able to stay on the court longer, being able to hit more forehands, overhands, and serves. So it’s actually been very helpful, and it’s making me very happy.”</p>
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