

Cyriax Release Test

Name: Laura Bennett

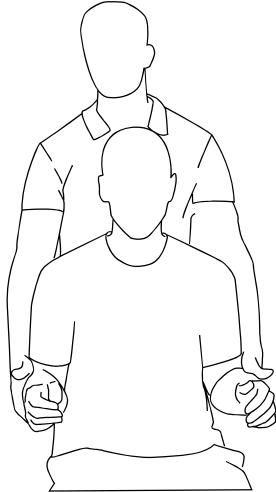
Age: 34

Examiner: Dr. Mark Anderson

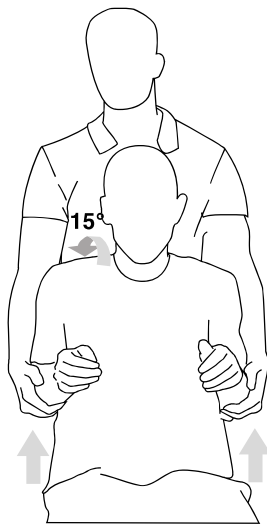
Date accomplished: June 24, 2024

Test procedure

1. The patient is seated.
2. The examiner stands behind the patient and grasps under the forearms, holding the elbows at approximately 80-90° with the forearms, wrists, and hands in neutral.



3. The examiner leans the patient's trunk posteriorly, approximately 15° from vertical.
4. The examiner passively elevates the patient's shoulder girdle close to end range.



5. This position is held for up to three minutes.

Test findings

Look for the following symptoms to determine if the test is positive:

- Paresthesia
- Numbness
- Pain
- Reproduction of familiar symptoms

Negative: No symptoms observed.

Positive: Symptoms observed during or immediately after the test, and then subsides.

Note: If positive, the test can be prescribed as an exercise to increase blood flow to the nerve. Daily execution of the exercise will slowly reduce the onset time, duration, and severity of symptoms.

Additional notes

Symptoms observed during or immediately after the test, and then subsides. Laura experienced numbness and mild pain in her right arm during the test, which subsided shortly after.

Recommended the Cyriax release exercise to be performed daily to improve blood flow to the nerve and gradually reduce symptom severity and duration.

Health professional's information

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Name of practice: Health Clinic

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Physiopedia. (2010). *Thoracic Outlet Syndrome (TOS)*. [https://www.physio-pedia.com/Thoracic_Outlet_Syndrome_\(TOS\)](https://www.physio-pedia.com/Thoracic_Outlet_Syndrome_(TOS))

Physiotutors. (2019, October 23). *Cyriax release test | thoracic outlet syndrome (TOS)*. YouTube. <https://www.youtube.com/watch?v=kX1mUhyjZwk>