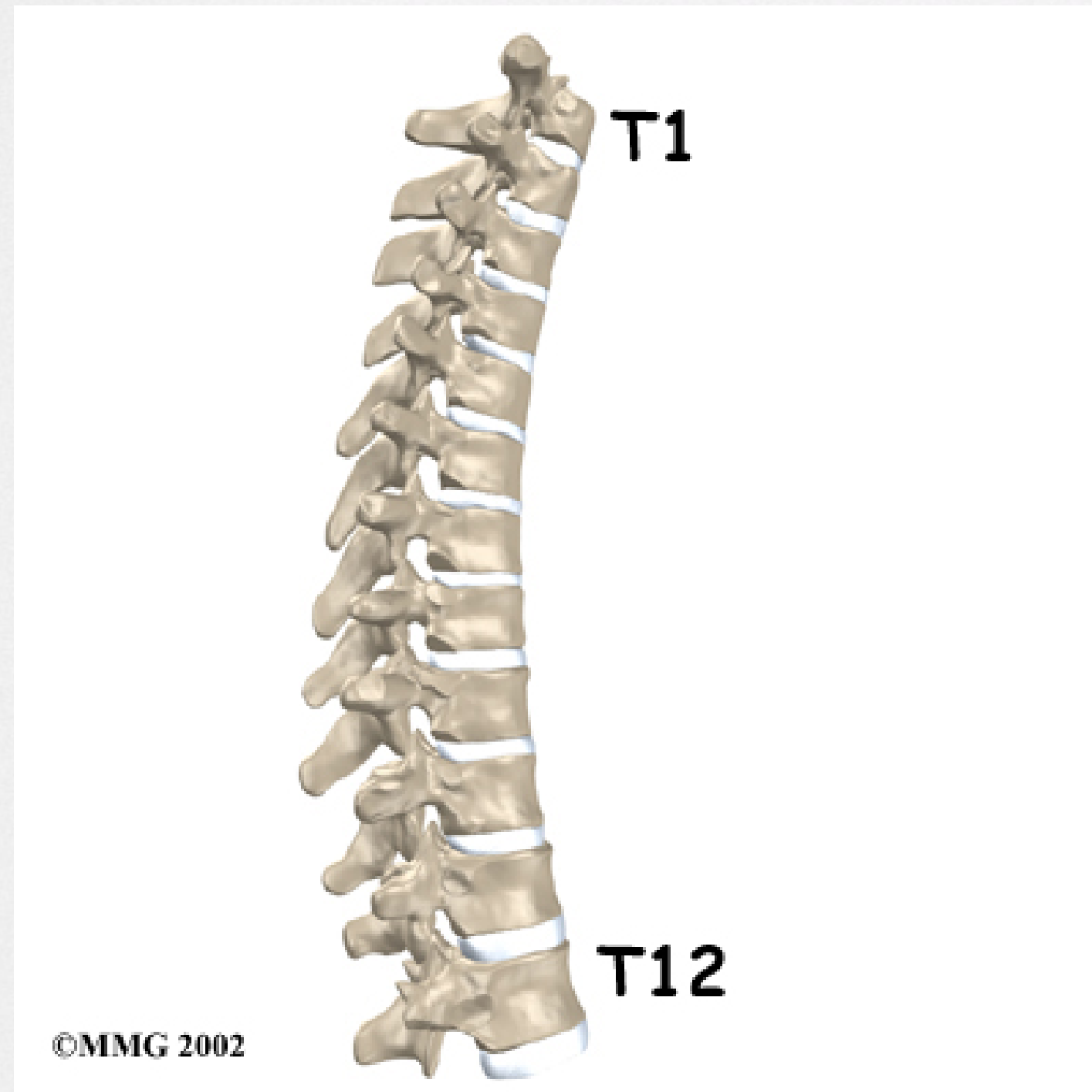


DISCLAIMER

All materials provided are for information only and do not necessarily reflect the views or positions of Riverside County Medical Association (RCMA) nor do they necessarily represent or create a standard of care with respect to the practice of medicine. If you have questions, please direct those questions to the original source and authors of those materials who did the research and writing.

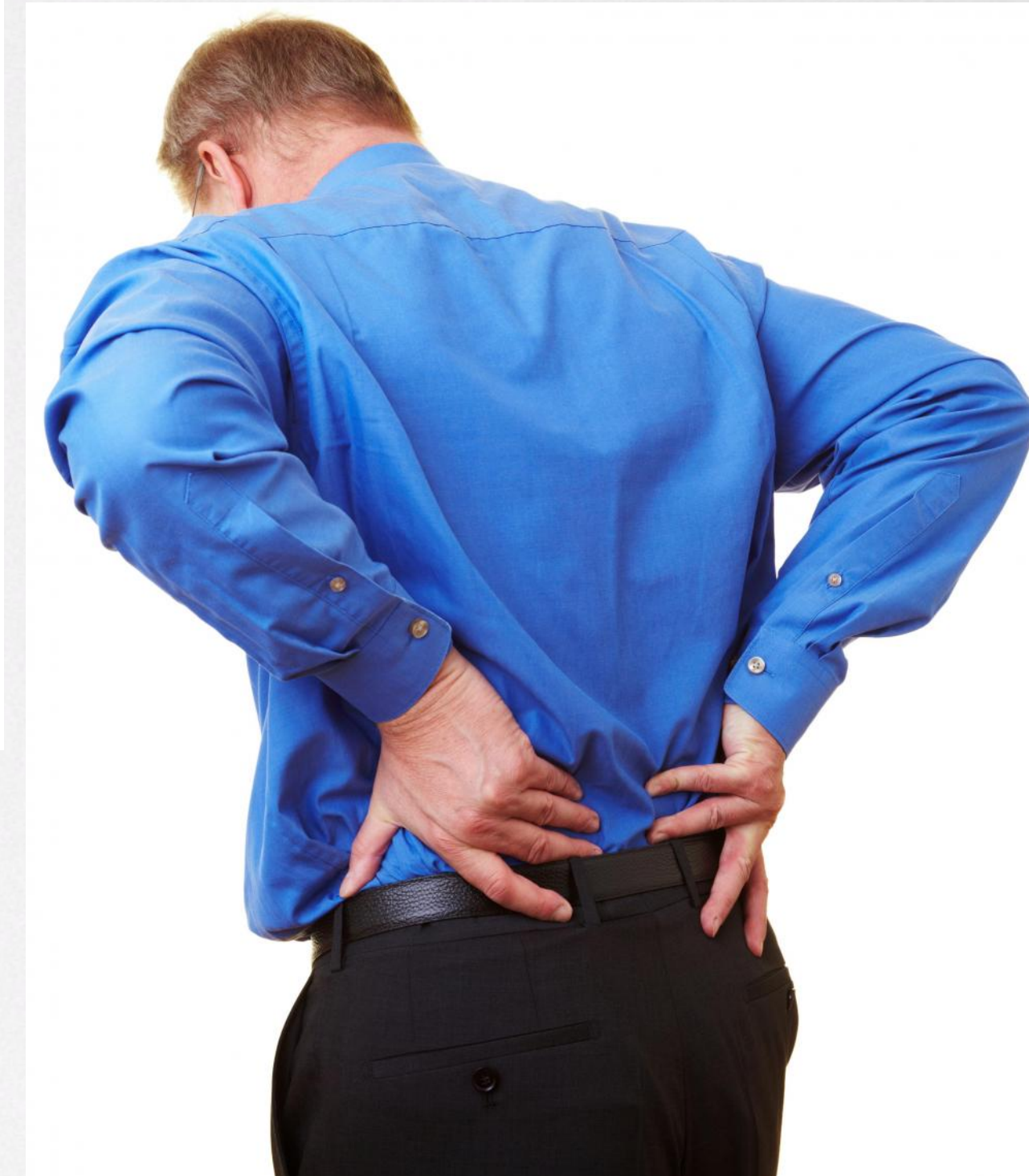
Thoracic Spine Strain



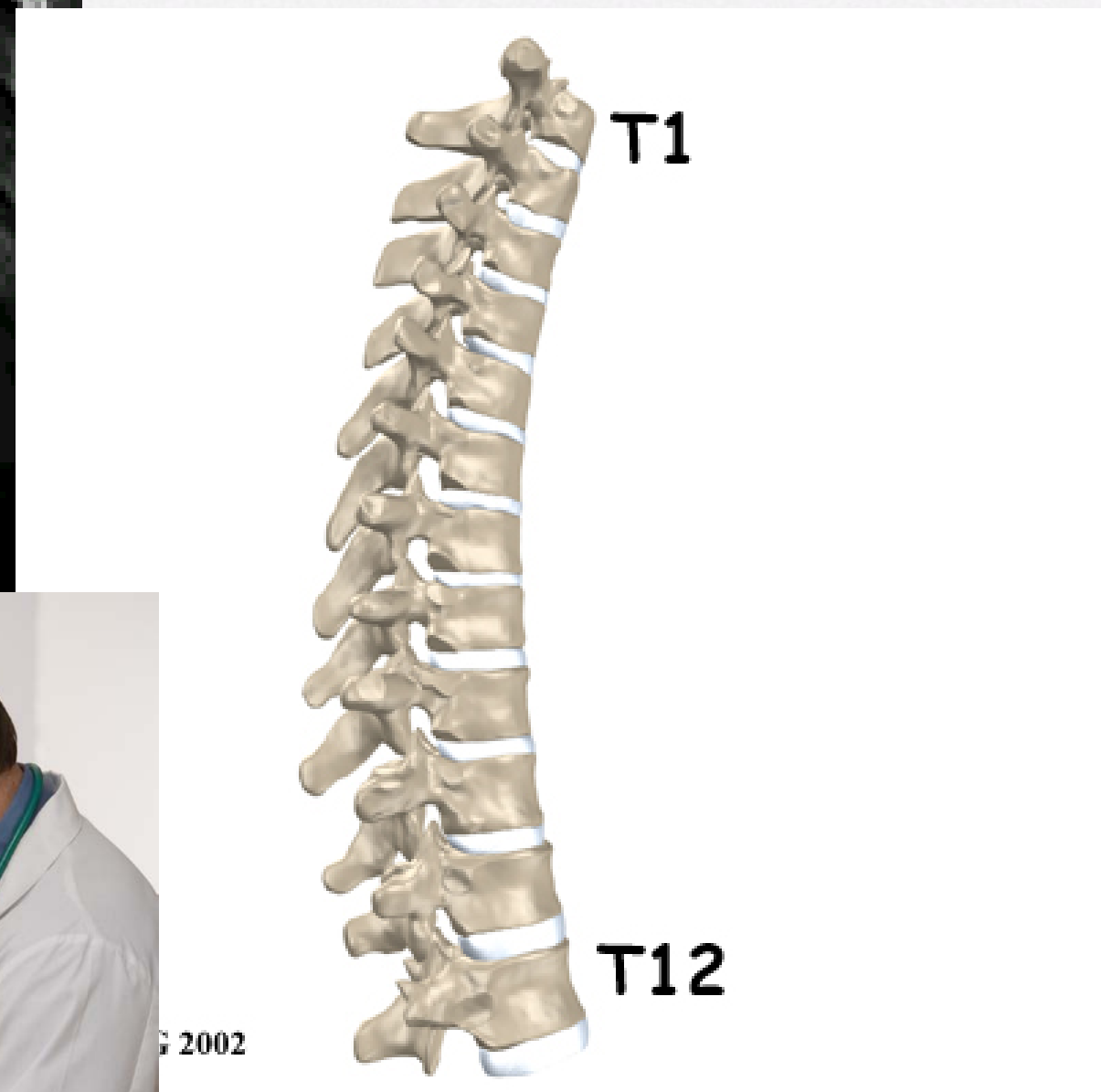
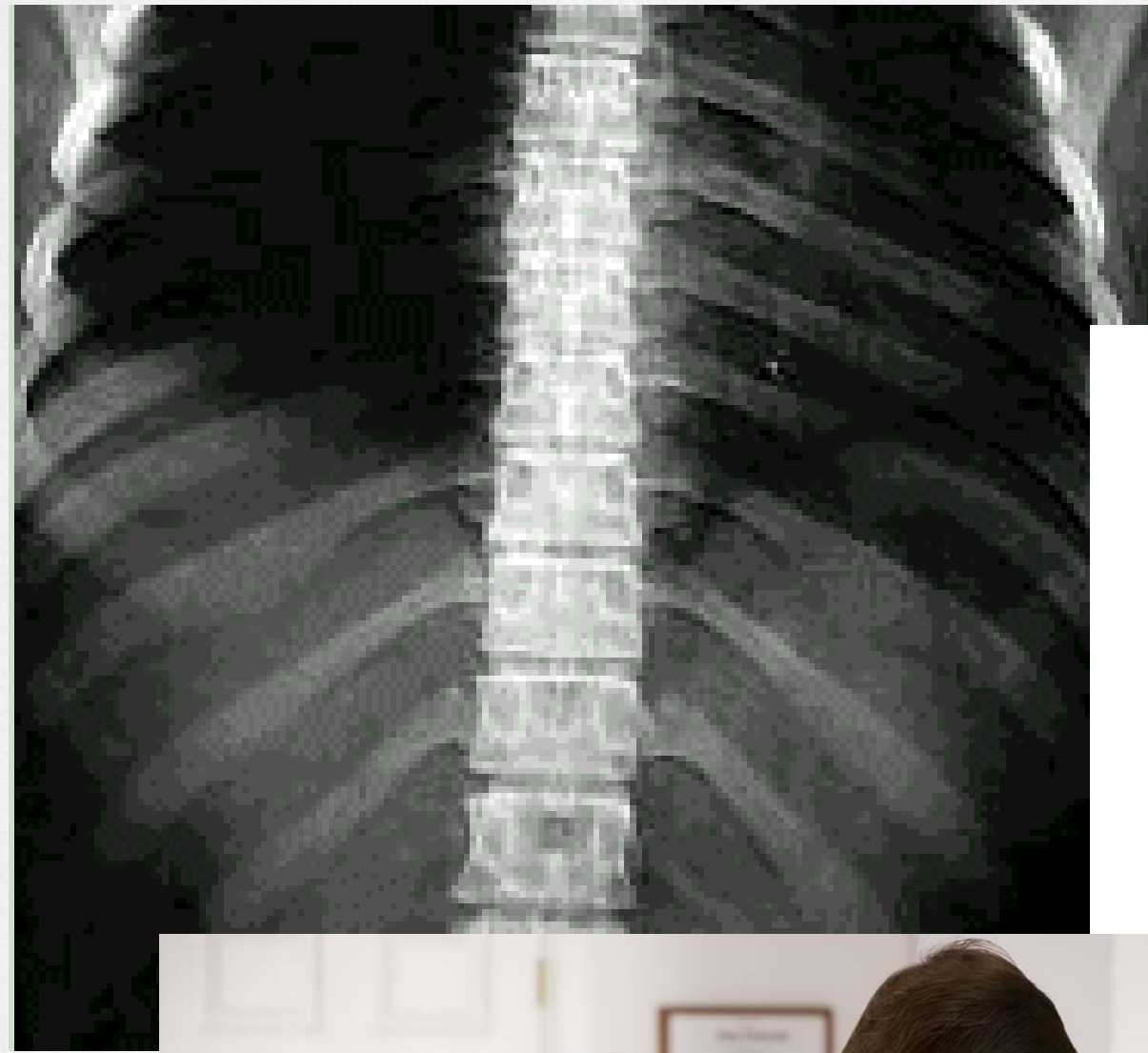
- Tenderness to upper back
- Limited Range of Motion (movement)
- Shoulder blade tenderness
- Sometimes pain goes to shoulder/neck/low back

Causes of Thoracic Spine Strain

- Overuse
- Trauma
- Shoulder Pain
- Low Back Pain
- Neck pain



Diagnosis of Thoracic Spine Strain



- History
- Tenderness to muscles
- Tenderness to spine bones
- Tenderness to shoulders
- X-Rays
- Diagnostic Ultrasound
- MRI (rare)

Treatment of Thoracic Spine Strain

- Avoid Aggravating Activities
- ICE 15 mins up to three times/day
- Medications
 - Creams
 - Anti-Muscle Spasm (Flexeril/Soma)
 - Anti-Inflammatory (Aleve/Naprosyn)
 - Pain Medications (Tramadol/Norco)
- Home exercises/Formal Physical Therapy
- Injections – trigger point/epidural
- Surgery – (rare), remove disc/fuse disc-space

