

Upper Back Pain

Two useful Web sites dealing with upper back pain are maintained by

- WebMD (http://my.webmd.com/content/pages/4/1661_50310)
- University of Michigan Medical School (http://www.med.umich.edu/llibr/sma/sma_upperbak_sma.htm).

To obtain a free copy of the present document, go to www.masterdocs.com.

Upper Back Pain occurs in the area of the thoracic vertebrae (between your neck and lower back), usually because of injury to the ligaments or muscles attaching your vertebrae – e.g., from throwing, twisting or bending motions, from sitting at a desk for a long time, or even from coughing or sneezing. It can also be caused by scoliosis.

Upper back pain can be accompanied by other symptoms such as spasms, pain when you take a deep breath, pain on movement, or tenderness in the area.

Treatment depends on the underlying diagnosis by your doctor and can include ice packs for a couple of days, moist heat, and anti-inflammatory or muscle relaxant drugs. Massage can sometimes help.

Prevention of upper back pain can include warming up and stretching before activity, avoiding twisting when lifting heavy objects, and stretching your back from time to time when sitting at a desk.

For the most accurate and up-to-date information on upper back pain, visit the two Web sites above.

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