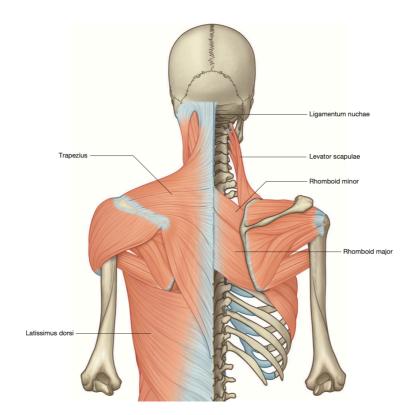
Upper Back Pain Location Chart

Patient's Name: _____

Date of Birth: _____

Gender: _____

Referring Physician's Name: _____



Drake, R. L., Vogl, W., & Mitchell, A. W. M. (2024). Gray's anatomy for students (Fifth Edition ed.). Elsevier.

Area of Pain	Possible Cause	Possible Treatments
Base of the Neck	 Muscle strain Poor Posture Arthritis Disk Herniation 	 Rest Ice Pack Warm Compress Anti-Inflammatory Medication Physical Therapy Surgery
Shoulder Blade	 Muscle Strain Rotator Cuff Injury Bursitis Arthritis 	 Rest Ice Pack Warm Compress Anti-Inflammatory Medication Cortisone Injection

		 Physical Therapy Surgery
Mid Back	 Muscle Strain Poor Posture Disk Herniation Spinal Fracture Arthritis 	 Rice Ice Pack Warm Compress Anti-Inflammatory Medication Physical Therapy Surgery
Side of Chest	 Pleurisy Pneumonia Pulmonary Embolism Rib Fracture 	 Rest Pain Medication Antibiotics Anticoagulants Emergency Care

Symptoms (Description and Starting Date):

Injury, Medical, and Family Health History:

Lifestyle and Habits:

Physical Exam Notes:

Additional Notes and Next Steps: