

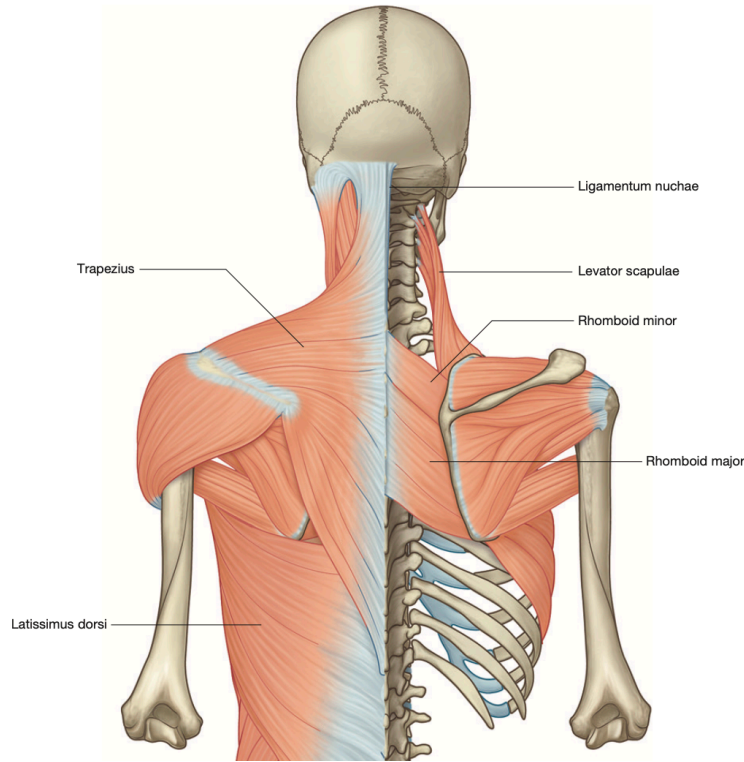
Upper Back Pain Location Chart

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	<ul style="list-style-type: none">• Muscle strain• Poor Posture• Arthritis• Disk Herniation	<ul style="list-style-type: none">• Rest• Ice Pack• Warm Compress• Anti-Inflammatory Medication• Physical Therapy• Surgery
Shoulder Blade	<ul style="list-style-type: none">• Muscle Strain• Rotator Cuff Injury• Bursitis• Arthritis	<ul style="list-style-type: none">• Rest• Ice Pack• Warm Compress• Anti-Inflammatory Medication• Cortisone Injection

		<ul style="list-style-type: none"> • Physical Therapy • Surgery
Mid Back	<ul style="list-style-type: none"> • Muscle Strain • Poor Posture • Disk Herniation • Spinal Fracture • Arthritis 	<ul style="list-style-type: none"> • Rice • Ice Pack • Warm Compress • Anti-Inflammatory Medication • Physical Therapy • Surgery
Side of Chest	<ul style="list-style-type: none"> • Pleurisy • Pneumonia • Pulmonary Embolism • Rib Fracture 	<ul style="list-style-type: none"> • 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: