



ACTIVEPHYSIO®

If it's not active it's not physio

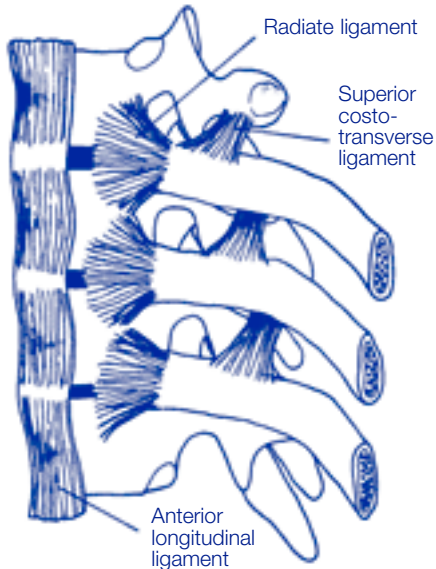


PatientInformation

Thoracic Spine

The condition

- Thoracic Spine Injury
- Schermann's Disease



The thoracic spine is prone to injury on sudden and forceful movement.

About the condition

The thoracic spine is vulnerable to injury when there is sudden and forceful rotation that overstretches the facet joints that run down the side of the spine, and the rib joints that provoke pain on breathing. The other more gradual onset of thoracic spine problems occur when your posture is rounded at the shoulders where the shoulder blades slip around the rib cage to lie too far forward. This de-stabilises the shoulder girdle and places added strain to the thorax over time. In Schermann's Disease the collapse of the front of the vertebral body (found on X-ray) produces the rounded posture and both the structural and postural elements produce thoracic symptoms.

Usual symptoms include

- Pain on breathing
- Pain across the thorax
- Pain in the chest/breastbone
- Pain lifting the arms away from the side
- Pain and limited ability to twist when sitting

What we can do to help

- Massage and gentle joint manipulative techniques relieve the joint and free it to move so you can move and breathe without pain
- We use strapping techniques in the acute stages to protect the vulnerable joints
- We retrain your posture
- We strengthen the holding muscles of your back to support you
- We use acupuncture to relieve muscle spasm and promote healing.
- We are planning to see you about ___times over the next__ week(s)

Your local Active Physio:



ACTIVEPHYSIO[®]

If it's not active it's not physio

www.physio.co.nz