

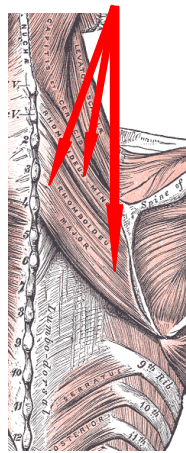
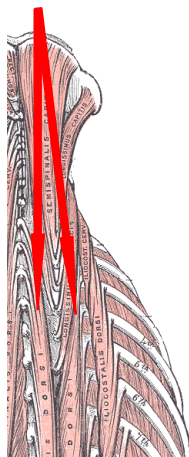


Sharp Pain Between Spine & Scapula

You have a sharp pain between your backbone and your shoulder blade due to muscles being strained.

Muscles Involved in Pain Between Spine & Scapula

Pain can occur anywhere in the region to which the arrows point.



(a) Symptoms

Pain between the spine and the scapula is sharp, and turning the head is difficult due to the severity of the pain. Pain lessens as the area warms up.

(b) Development of the Problem

People often wake with this, or feel it suddenly come on after they have cooled down subsequent to heavy exercise (work or sport).

The location seems to be in the deeper muscles (see above: *rhomboids* and possibly upper *erector spinae* [*spinalis*, *longissimus* & *iliocostalis*]) rather than the more surface muscle the *trapezius* (not shown).

It usually arises on the turning of the head because a few fibres within a muscle whose normal role in the head turn is to relax and lengthen (because they are antagonists to the movement), fail to do so.

The agonists overpower those few fibres and damage results.

(c) Treatment

Your practitioner will either advise you to apply an ice-cube to the sore area 2-3 times per day until it melts to reduce inflammation and accelerate healing, or use some other approach to achieve the same ends.

Your practitioner may also make use of a Goltech® technique called the “active trap manoeuvre” as in many cases it provides considerable relief.