

# Thoracic Spine

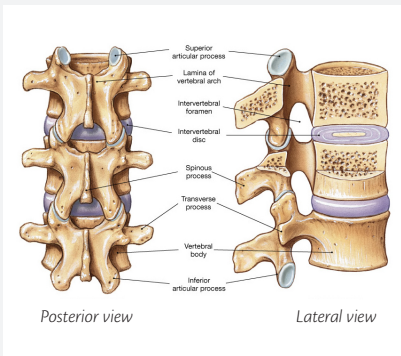


## The conditions

- Thoracic Spine Facet Joint Dysfunction
- Scheuermann's Disease
- Thoracic Outlet Syndrome
- Postural Defects

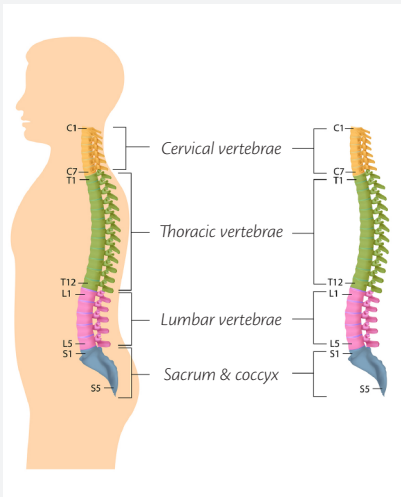
## PATIENT INFORMATION

### Anatomy of Vertebrae in your Spine



The Thoracic Spine is prone to injury on sudden and forceful movement.

### Areas of your Spine



### About the conditions

The Thoracic Spine is vulnerable to injury when there is sudden and forceful movement that jams the joints of thorax, and also the rib joints. The other more gradual onset of thoracic spine problems can occur due to your posture. Poor posture can result in muscle tightness and stiff joint mobility. "Scheuermann's Disease" affects younger people, and is characterized by a stiffening and painful Thoracic Spine region.

Thoracic Outlet Syndrome is a group of disorders that occur when the blood vessels or nerves in the space between your collarbone and first rib become compressed. It is commonly caused by trauma, repetitive injuries from job or sports.

### Usual symptoms include

- Pain on breathing.
- Pain in the chest and across the thorax.
- Pain lifting the arms away from the side.
- Pain and limited ability to twist when sitting.
- Pain in the shoulder, numbness/pins & needles in the fingers.

### What we can do to help

- Manual techniques relieve the joint and free it to move so you can move and breathe without pain.
- Soft tissue techniques to relax the tightened structures around the thorax.
- Stretches for the thoracic region.
- Strapping to protect the vulnerable joints.
- We retrain your posture and strengthen the weaker core posture muscles if needed, and teach an ongoing programme.
- We use acupuncture to relieve muscle spasm and promote healing.

Your local Active+ clinic:

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