

Mechanical Thoracic Back Pain

Mid Back Pain

The thoracic spine is the region from the base of your neck to the lower part of your ribs, also referred to as your mid spine.

Thoracic back pain is usually felt as an ache or discomfort in your upper or middle back and can typically feel like muscle pain. The most common causes of thoracic back pain are mechanical, where repetitive movements put increased strain on the structures in your mid back. In most cases, thoracic back pain can improve on its own. This is done by increasing your activity levels and modifying activity that leads to your back pain. Our backs love to move. Avoid sitting for long periods of time; it's important to get up and move frequently.

If your pain is limiting your daily function, sport or ability to work, a member of our rehab team can help you by providing stretching and strengthening exercises.

If your pain is severe, constant, worsening or you are feeling unwell alongside your back pain, you should speak with your GP or other health care professional.

Thoracic Spine with Radiating Symptoms

Mid back pain with radiating symptoms may be due to an irritated nerve in your mid back. Symptoms may include pain, tingling or numbness that occurs in the chest, torso and ribs, as this is the area of the body supplied by the thoracic nerves. Due to the location of symptoms, thoracic radiculopathy can be misdiagnosed for other conditions involving the heart or abdominal complications.

Symptoms can be helped with rehabilitation, through exercises to improve the overall mobility and strength of your mid spine. If your symptoms persist despite physiotherapy, you may be referred to an advanced physiotherapy practitioner for a further opinion.