

Interscapular Pain

Indications

- Interscapular pain
- Thoracic syndrome accompanying obstructive respiratory disorders, for example, bronchial asthma

Differential Diagnoses

- Affections of the pleural dome
- Cardiac disorders

Material

- Local anesthetic: 5 mL
- Needle: 0.6 × 30 mm

Technique

- A vertical line is drawn 3 cm lateral to the spinous processes. Along this line, the needle is inserted vertically every 2 cm.
- At each site, an intracutaneous quaddle containing 0.5 mL of a local anesthetic is set, then the needle is advanced 1 cm and a further 0.5 mL of a local anesthetic is injected. Injections follow the pathway of the bladder meridian.

Risks

- If the needle is advanced excessively, there may be the rare occurrence of a pneumothorax, especially at the vertex of the kyphosis; therefore, the depth of insertion must be observed.

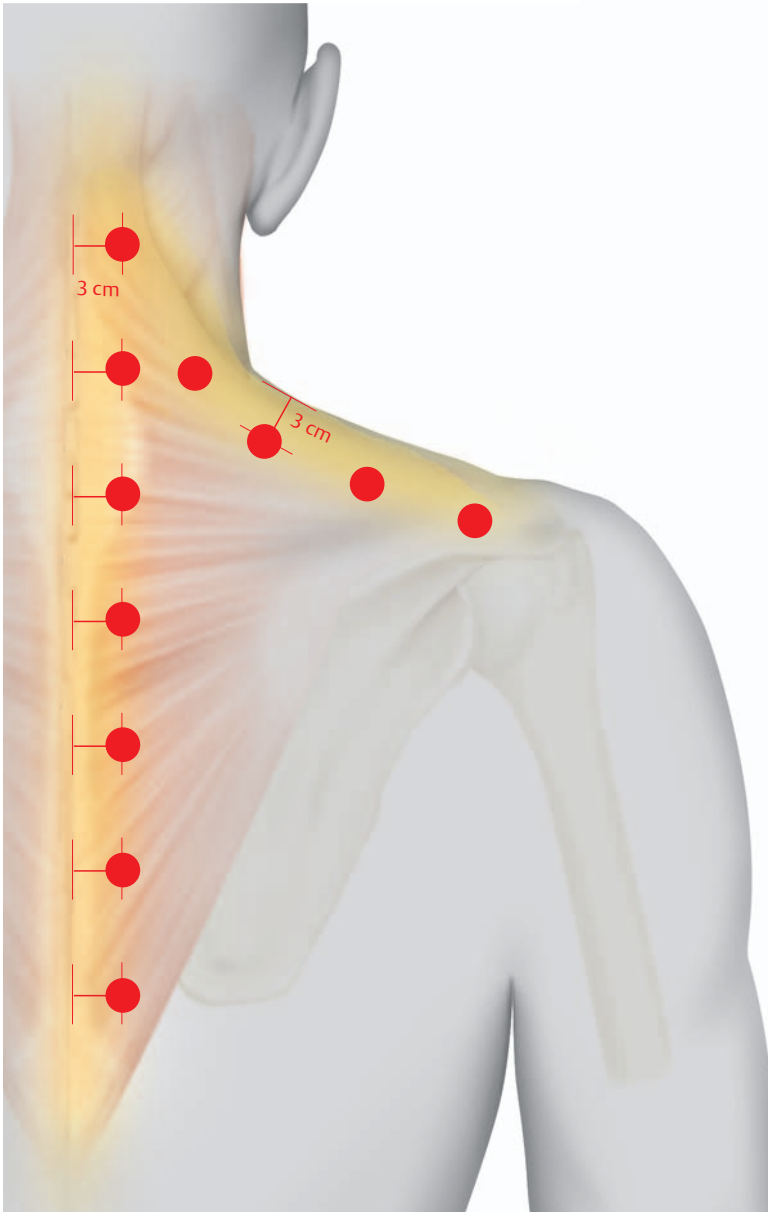
Concomitant Therapies

- Local warm peloid application, combined with mobilization of the subscapularis and lateral traction mobilization
- Relaxation massages, acupuncture treatments
- Hot jet blitz to the back, according to Kneipp
- Chiropractic therapy

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R 3 times a week, up to 8 weeks

PhysApps, ThE, Met, Chiro



● Primarily indicated injection points

■ Area of pain distribution