

## Inter-scapular pain: common causes and introduction a case

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**Background:** Inter scapular pain is a pain that referred between two shoulders, and most of times, it refers in one side. Different causes can have induced interscapular pain such as cardiovascular problem, pulmonary disease, musculoskeletal problem such as myofascial pain. The good history taking & physical examination can create a good opportunity for accurate diagnosis. One of the most common causes of interscapular pain is muscular pain due to muscle strain, trauma, or posture strain. This can result in interscapular pain and result in combined neck and shoulder pain as well. Myofascial pain syndrome may be misdiagnosed as intrascapular pain. If the patient does not respond enough to treatment, we must evaluate more for another causes.

**Methods:** So we introduced a 30-year-old female presented with a one-year history of progressive right-sided upper back with no history of fever, night sweating, trauma and radicular pains. Moreover, the magnetic resonance imaging scan of her thoracic spine performed one year before was reported as normal. She was identified as a candidate for surgery using the whole body bone scan and a multiple detector computed tomography (MDCT) scan. A large 25-mm osteoid osteoma of the lamina of the third thoracic vertebra (T3) was also diagnosed through histopathology.

**Conclusion:** For interscapular pain management, at first we must be taking good history and physical examination. After that if the patient does not have enough response to treatment, we must reevaluate them for other causes.

**Keywords:** Inter-Scapular Pain, Myofacial pain, Osteoid osteoma