Actions for Pain Between the Shoulder Blades

Use these steps from the article to ease upper back pain between the shoulder blades and to spot the signs that need care.

- [ ] Stay active, since long periods without movement can slow recovery.
- [ ] Apply a heat pack or a cold pack to the sore area.
- [ ] Build up general exercise gradually to 20 to 30 minutes every day.
- [ ] Choose the upper back exercises that feel most comfortable and repeat them.
- [ ] Stop any exercise that causes excessive pain that lasts a long time.
- [ ] Use a supportive neck pillow and a cushion between the knees when sleeping on the side.
- [ ] See a doctor when the pain has not improved after a week.
- [ ] Tell a doctor about fever, unexplained weight loss or severe pain at night.
- [ ] Call emergency services for chest pain, trouble breathing, cold sweat or nausea with the back pain.
- [ ] Seek urgent care for weakness in both legs or new bladder or bowel changes.

Notes

For general education only. Not a substitute for professional medical advice.