Upper left back pain action list

Use these steps to decide what to do about pain on the upper left side of the back.

- [ ] Call 911 for chest pressure, tearing pain or sudden breathlessness
- [ ] Seek emergency care for leg weakness or loss of bladder control
- [ ] Keep moving gently and avoid long periods in bed
- [ ] Apply a wrapped ice or heat pack to the sore area
- [ ] Adjust your workstation and break up long sitting
- [ ] Check for a one-sided burning rash and get early advice
- [ ] See a doctor if the pain lasts more than a week
- [ ] Talk to your prescriber before changing any medicine

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/upper-left-back-pain/