Thoracic Strain

Thoracic strain is an injury to the muscles of the upper back. Healing time for a mild strain may take only 1 week. Torn muscles or tendons may take 6 weeks to 2 months to heal.

HOME CARE

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 3 to 4 times a day.
- Your doctor will give you or your child exercises to do.
- Warm up before being active.
- Only take medicine as told by your doctor.
- Meet with your physical therapist, if this applies.
- Use wraps and back braces as told by your doctor.

GET HELP RIGHT AWAY IF:

- There is more bruising, puffiness (*swelling*), or pain.
- Medicine does not help the pain.
- Your or your child's problems seem to be getting worse, not better.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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