Thoracic Facet Pain Pattern

- Dreyfuss et al.\(^1\) established pain patterns for the thoracic facet joints:
  - Thoracic facet pain:
    - Causes parasagittal cervicothoracic and thoracic pain.
    - Does not/rarely cause midline thoracic pain or arm pain.
    - Facet joint pain does not cross to the other side.
    - Can be unilateral pain (from joints on one side of the spine) or bilateral (pain from both sides of the spine).
  - When pain is chronic or severe, the pain can extend beyond these pain patterns.
  - Facet joints do not have to show degeneration on diagnostic imaging to be painful. This is usually due to a joint sprain (synovitis).
  - Facet joints that do show degeneration on diagnostic imaging can be either a joint sprain (synovitis) or degeneration (arthrosis) or both.
  - Consider that the patient may have more than one pain generator.