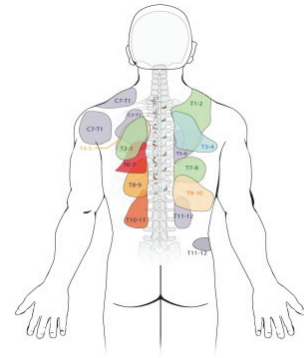


Thoracic Facet Pain Pattern

- 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.



1. Dreyfuss P, Tibiletti C, Dreyer SJ. Thoracic zygapophyseal joint pain patterns. A study in normal volunteers. *Spine*. 1994;19(7):807-811.
2. Dreyfuss P, Tibiletti C, Dreyer S, Sobel J. Thoracic zygapophyseal pain: A review and description of an intraarticular block technique. *Pain Digest*. 1994;4:44-52.
3. Sizer PS, Phelps V, and Azevedo E. Disc Related and Non-Disc Related Disorders of the Thoracic Spine. *Pain Practice*, Volume 1, Number 2, 2001 136–149.