

INFRASCAPULAR

Meaning: Infrascapular refers to the area located beneath the scapula (shoulder blade) in the back.

1. The infrascapular region is often assessed during physical examinations to check for abnormalities.
2. Infrascapular pain can sometimes be mistaken for issues related to the heart or lungs.
3. Athletes may experience infrascapular discomfort due to repetitive overhead motions.
4. The physiotherapist focused on the infrascapular muscles to improve the patient's shoulder stability.
5. Understanding the anatomy of the infrascapular area is crucial for effective treatment of upper back pain.

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