

INTERSCAPULAR

Meaning: Interscapular refers to the area located between the shoulder blades on the back.

1. The patient reported a sharp pain in the interscapular region during deep breaths.
2. The doctor examined the interscapular area for any signs of muscle strain or injury.
3. Interscapular discomfort can often be mistaken for heart-related issues.
4. Physical therapy focused on strengthening the interscapular muscles can alleviate postural pain.
5. She felt a sudden tension across her interscapular muscles after lifting a heavy box.

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