

**When I stretch out, or breathe in deeply, I've been getting a sharp pain in the right side of my mid-back. It's been like this for around a month. What could this be?**

The most likely cause of this pain is that a rib has been irritated. This time of year allergies and colds are rampant. Sneezing and coughing cause an extreme amount of pressure into the rib area forcing the ribs out of their normal position. The result is the muscles between the ribs go into spasm or/and where the rib meets the spine, the union here is disrupted. A person goes to take a deep breath in or out and "ouch" there is the pain. Chiropractic adjustments restore the rib position and remove the muscle spasms. Stretching also has the same effect once the ribs position has been disrupted.