

Axial pain refers to pain that is localized to the **central part of the body**, typically along the **spine** (neck, thoracic region, or lower back), **without radiation** into the arms or legs.

□ Definition (Clinical):

Axial pain is pain confined to the **midline structures** of the spine or **paraspinal muscles**, **not radiating** into the extremities. It is commonly described in cases of **mechanical** or **degenerative** spinal disorders.

□ Examples:

* **Cervical axial pain**: pain in the neck region, without arm symptoms. * **Lumbar axial pain**: localized low back pain, without sciatica.

△ Contrast with:

* **Radicular pain**: follows a nerve root distribution, typically radiates (e.g., sciatica). * **Referred pain**: pain perceived at a location other than the site of the painful stimulus.

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