First rule out...

Emergent causes:

Think: 4 + 2 + 2

Cardiac (4)
- Acute coronary syndrome
- Aortic dissection
- Tamponade
- Takotsubo cardiomyopathy

Pulmonary (2)
- Pulmonary embolism
- Pneumothorax

Esophageal (2)
- Rupture
- Impaction

Anatomic causes:

Negative

Superficial
- MSK
  - Costochondritis
  - Rib fracture
- Skin
  - Zoster
- Nervous
  - Thoracic radiculopathy

Visceral
- GI
  - Spasm
  - Reflux
  - Ulcers
- Cardiac
  - Heart failure
  - Aortic stenosis
- Pulmonary
  - Pneumonia
  - Diaphragmatic hernia
- Mediastinum
  - Fat necrosis