

# PECTORAL REGION

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## Definition

- Region connecting upper limb → thoracic wall
  - Contains key muscles responsible for movement + stability of shoulder girdle
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## ◆ MUSCLES OF PECTORAL REGION

### Main Muscles:

1. Pectoralis major
2. Pectoralis minor
3. Subclavius
4. Serratus anterior

◆ MASTER TABLE

Muscle	Origin	Insertion	Nerve Supply	Roots	Action
Pectoralis major	Clavicle, sternum, upper 6 costal cartilages	Lateral lip of intertubercular sulcus	Medial & lateral pectoral nerves	C5-T1	Adduction, medial rotation; clavicular head flexes arm
Pectoralis minor	3rd-5th ribs	Coracoid process	Medial pectoral nerve	C6-C8	Depresses scapula; elevates ribs (forced inspiration)

Subclavius	1st costal cartilage	Clavicle	Nerve to subclavius	C5-C6	Depresses & stabilizes clavicle
Serratus anterior	Upper 8 ribs	Medial border of scapula	Long thoracic nerve	C5-C7	Protracts & rotates scapula

## ◆ PECTORALIS MAJOR

### ◆ Structure

- Large, powerful fan-shaped muscle 💪

### 📌 Origin (2 heads):

#### 1. Clavicular head

- Anterior surface of medial half of clavicle

#### 2. Sternocostal head

- Sternum
  - Upper 6 costal cartilages
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- ◆ Insertion

- Lateral lip of intertubercular (bicipital) groove of humerus
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- ◆ Action

- Adducts arm
  - Medially rotates arm
  - Clavicular head → flexion of arm
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- ◆ Nerve Supply

- Medial + Lateral pectoral nerves (C5-T1)
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 Clinical Insight:

- Important in climbing, pushing, lifting
  - Injury → weakness in adduction & medial rotation
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◆ PECTORALIS MINOR


◆ Origin

- 3rd-5th ribs

◆ Insertion

- Coracoid process of scapula
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## ◆ Action

- Depresses scapula 
  - Stabilizes scapula
  - If scapula fixed → elevates ribs (forced inspiration)
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## ◆ Nerve Supply

- Medial pectoral nerve (C6-C8)
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## Clinical Insight:

- Tightness → contributes to rounded shoulders posture
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## ◆ SUBCLAVIUS

- ◆ Origin

- 1st costal cartilage

- ◆ Insertion


- Inferior surface of clavicle
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- ◆ Action

- Depresses clavicle
  - Stabilizes sternoclavicular joint
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- ◆ Nerve Supply

- Nerve to subclavius (C5-C6)
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 Function Simplified:

👉 Acts like a shock absorber for clavicle during shoulder movement

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## ◆ SERRATUS ANTERIOR

### ◆ Origin

- Upper 8 ribs

### ◆ Insertion

- Medial border & inferior angle of scapula
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### ◆ Action

- Protracts scapula ("pushing muscle") 👉
- Rotates scapula upward
- Holds scapula against thoracic wall

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- ◆ Nerve Supply

- Long thoracic nerve (C5-C7)
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### Clinical Correlation

👉 Injury to long thoracic nerve ➡ Winged scapula ➡  
Scapula protrudes posteriorly when pushing against wall

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### FUNCTIONAL FLOWCHART

Upper Limb Movement Coordination:

Pectoralis major → Adduction & medial rotation



Serratus anterior → Protraction & stabilization



Pectoralis minor → Scapular stabilization



Subclavius → Clavicle stabilization

👉 Result → Smooth shoulder girdle movement

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## CLAVIPECTORAL FASCIA

### ◆ Definition

- Thick deep fascia between:
    - Subclavius
    - Pectoralis minor
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### ◆ Parts

1. Costocoracoid membrane
  2. Suspensory ligament of axilla
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◆ Structures Piercing It 

 Mnemonic  : "CALL"

Letter	Structure
C	Cephalic vein
A	Acromiothoracic (Thoracoacromial) artery
L	Lateral pectoral nerve
L	Lymphatics

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 Clinical Insight:

- Important surgical landmark in:
    - Breast surgery
    - Axillary dissection
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-> The End <-