

# Muscles of the Pectoral Region

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### 1. Pectoralis Major

- **Origin**

- Clavicular head ? anterior surface of medial ½ of clavicle.
- Sternocostal head ? anterior surface of sternum, upper 6 costal cartilages, aponeurosis of external oblique.

- **Insertion**

- Lateral lip of intertubercular sulcus (bicipital groove) of humerus.

- **Nerve Supply**

- Medial and lateral pectoral nerves (C5–T1).

- **Actions**

- Adduction and medial rotation of arm.
- Clavicular head ? flexes arm.
- Sternocostal head ? extends arm from flexed position.

- **Clinical**

- Landmark for axillary dissection.
- Important muscle in breast surgery.

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## 2. Pectoralis Minor

- **Origin**

- Ribs 3, 4, 5 near costal cartilages.

- **Insertion**

- Coracoid process of scapula.

- **Nerve Supply**

- Medial pectoral nerve (C6–C8).

- **Actions**

- Draws scapula forward and downward.
- Helps in forced inspiration.

- **Clinical**

- Important landmark: divides axillary artery into 3 parts.

- Hypertrophy may compress brachial plexus/axillary vessels (thoracic outlet syndrome).

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### 3. Subclavius

- **Origin**

- 1st rib and its costal cartilage.

- **Insertion**

- Groove on inferior surface of clavicle.

- **Nerve Supply**

- Nerve to subclavius (C5, C6).

- **Actions**

- Steadies clavicle during shoulder movements.
  - Protects subclavian vessels during clavicle fracture.

- **Clinical**

- Can be used in surgical grafting of brachial plexus injuries (nerve to subclavius).

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## 4. Serratus Anterior

- **Origin**

- Outer surfaces of upper 8 or 9 ribs.

- **Insertion**

- Anterior surface of medial border of scapula.

- **Nerve Supply**

- Long thoracic nerve (C5–C7).

- **Actions**

- Protracts scapula (pushing/punching movements).
  - Rotates scapula for overhead abduction of arm.

- **Clinical**

- Injury to long thoracic nerve ? **winged scapula**.
  - Patient cannot abduct arm above 90°.

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### Summary of Nerve Supply

- Pectoralis major ? medial & lateral pectoral nerves.
- Pectoralis minor ? medial pectoral nerve.
- Subclavius ? nerve to subclavius.

- Serratus anterior ? long thoracic nerve