

## Anatomy & Physiology: Muscles—Pectoralis Major.

### STRUCTURE.

- Origin: anterior surface of clavicular head; anterior surface of sternum, costal cartilage of ribs 2-6 or sometimes 1-7.
- Insertion: greater tubercle and lateral lip of the intertubercular sulcus of of humerus.

### FUNCTION.

- Concentric action: shoulder flexion (clavicular fibers), horizontal adduction, and internal/medial rotation, protraction.
- Reverse mover action: lateral deviation of trunk; trunk flexion at spinal joints; anterior translation of the trunk; scapular downward rotation; ipsilateral rotation of trunk; trunk elevation.
- Eccentric action: shoulder extension, horizontal abduction, and external rotation, retraction. Controls/restrains/slows arm abduction, lateral rotation, extension, horizontal extension, flexion, and adduction. Controls/restrains/slows scapular retraction, protraction, elevation, and upward rotation. Controls/restrains/slows contralateral rotation, contralateral lateral deviation, posterior translation and depression of trunk.
- Isometric action: stabilization of the shoulder girdle, clavicle, and scapula.
- Innervation: medial and lateral pectoral nerves.
- Arterial supply: pectoral branches of thoracoacromial trunk; posterior intercostal arteries (branches of aorta) and lateral thoracic artery (branch of axillary artery).

### CLINICAL SIGNIFICANCE.

## References

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