

# Pectoralis minor: far from a minor problem

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Functional anatomy



What if it's too tight?



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# Functional anatomy

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Anatomy

Function

# Functional anatomy



## Anatomy

originating from ribs 3, 4  
and 5 and passing  
superiorly and laterally to  
attach to the coracoid  
process of the scapula.



## function

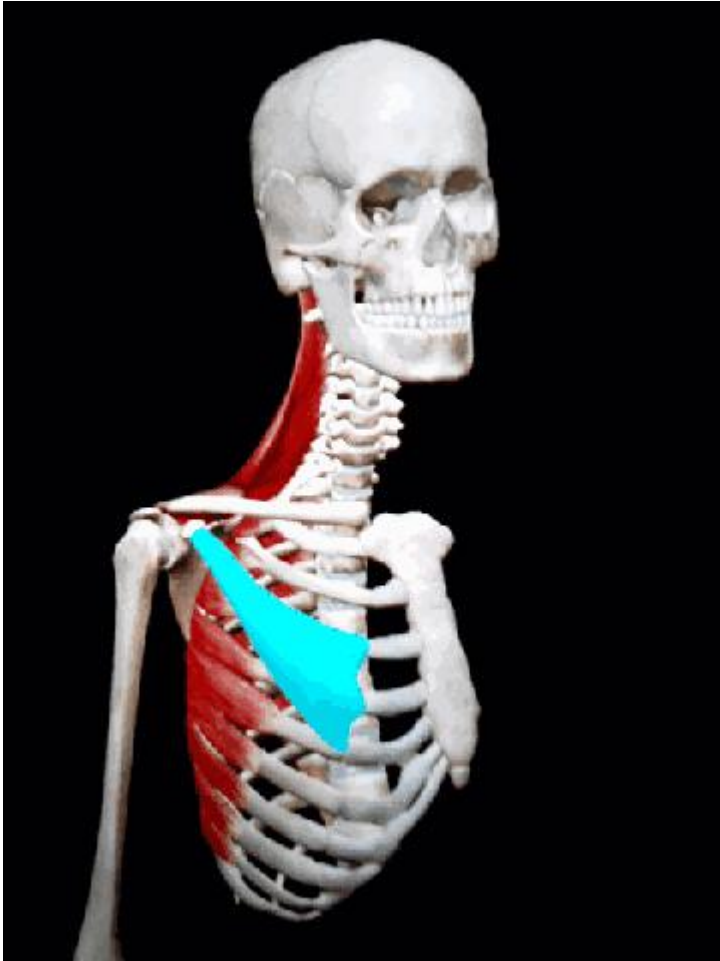
Proximal fixation  
Distal fixation

<https://guso.ml/search?>

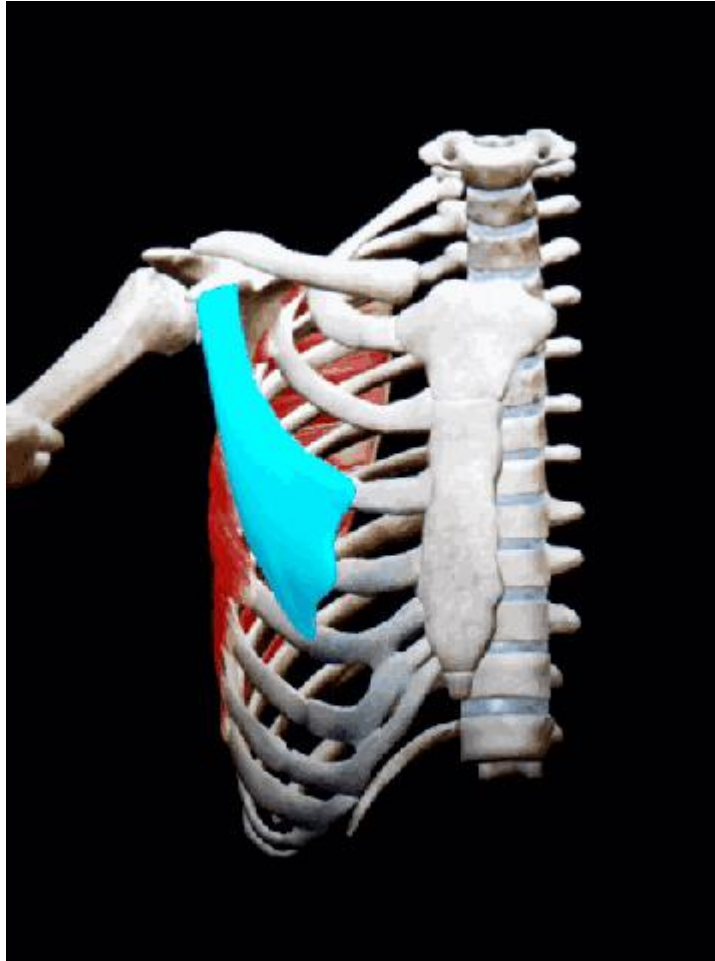


# Functional anatomy

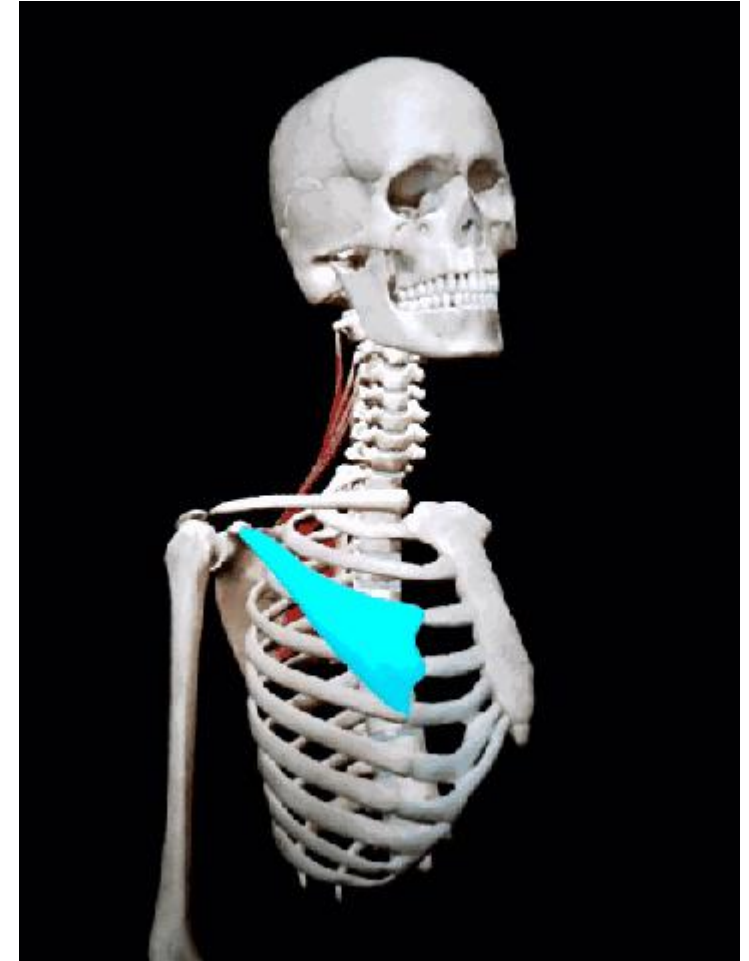
Proximal fixation



Depressing the scapular



protracting the scapular

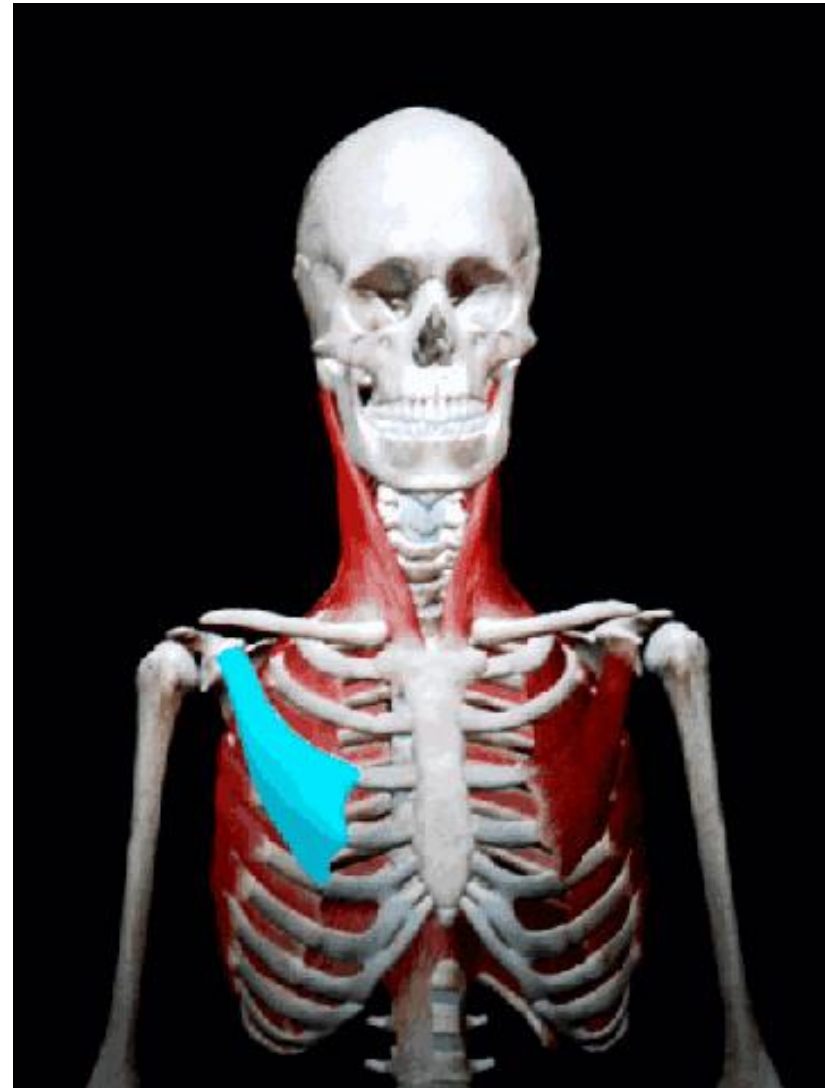


Downwardly rotation it

# Functional anatomy



Distal fixation:  
Lift the ribs and help the deep breath

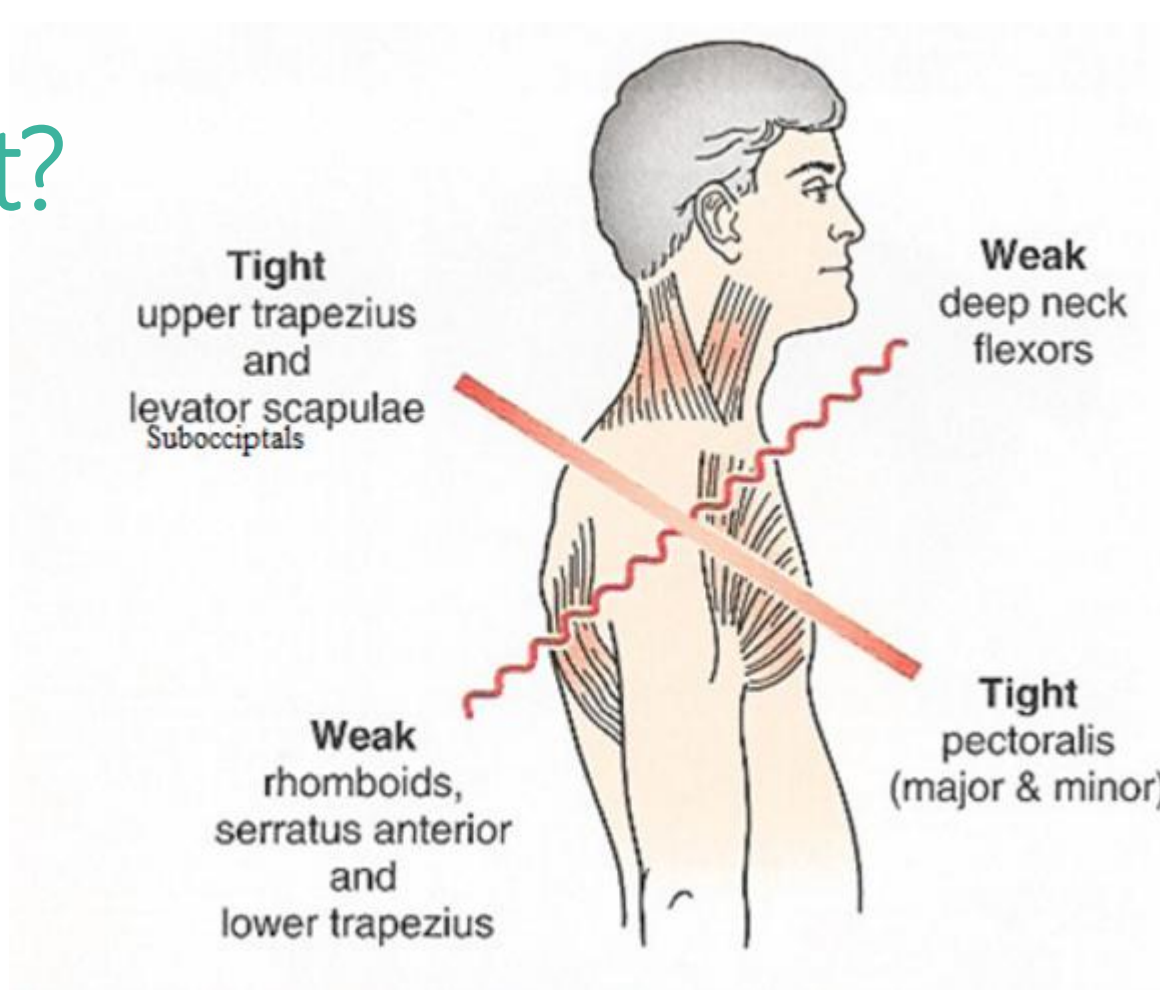




## What if it's too tight?

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# What if it's too tight?



slumped  
over

pec minor is  
shortened

tight pec  
minor

round  
shoulders

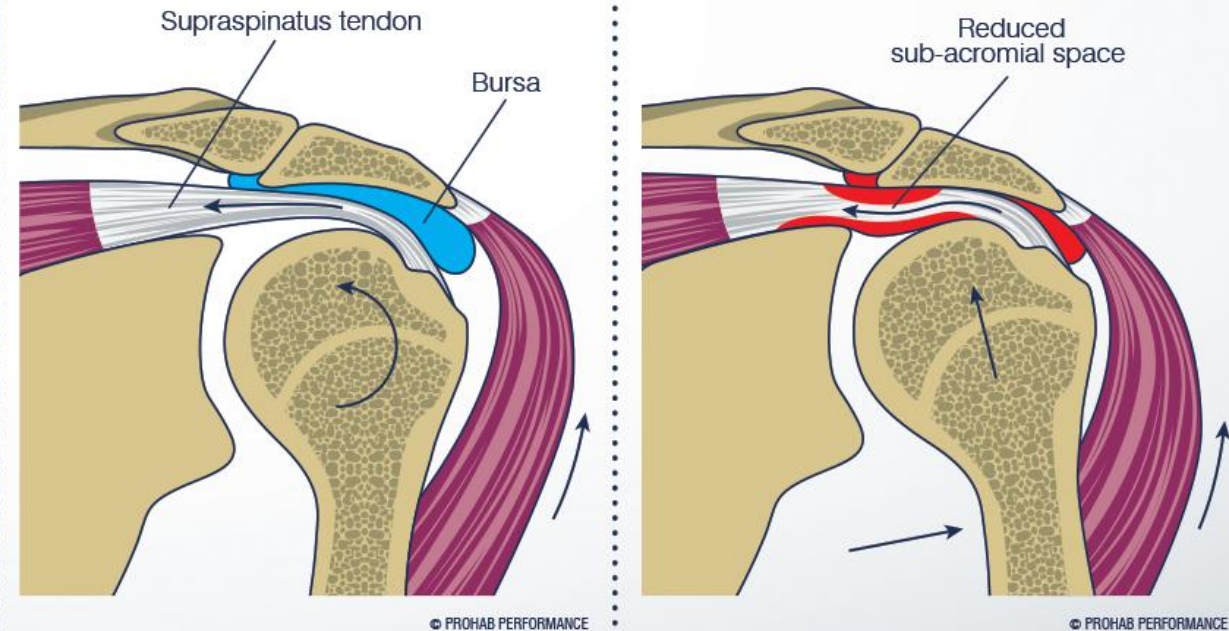


# What if it's too tight?

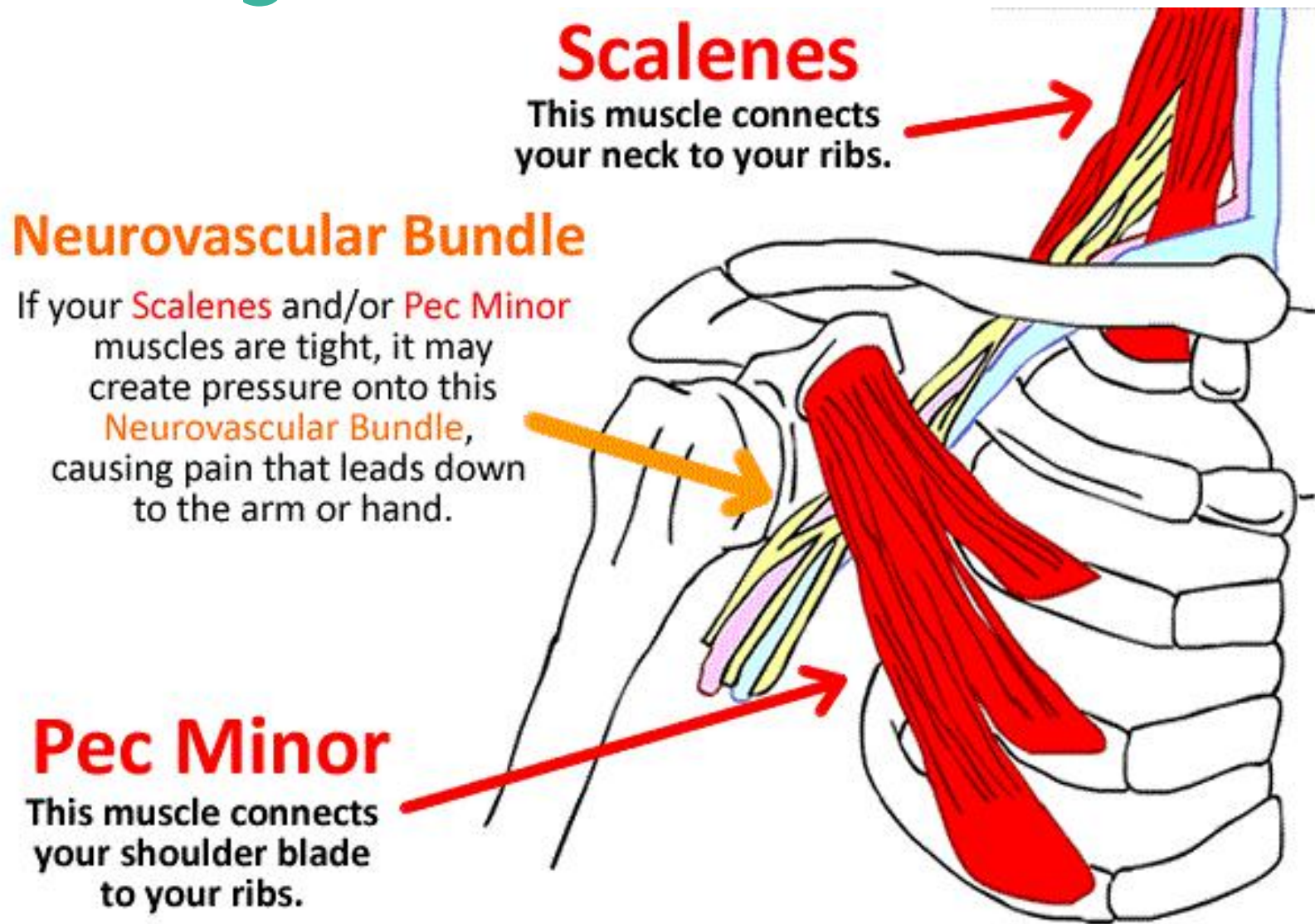
**an overactive pec minor  
protracting, anteriorly tilting and  
downwardly rotating the scapula,  
effectively lowering the  
subacromial arch.  
a lack of space below the  
subacromial arch causes the  
shoulder impingement syndrome**

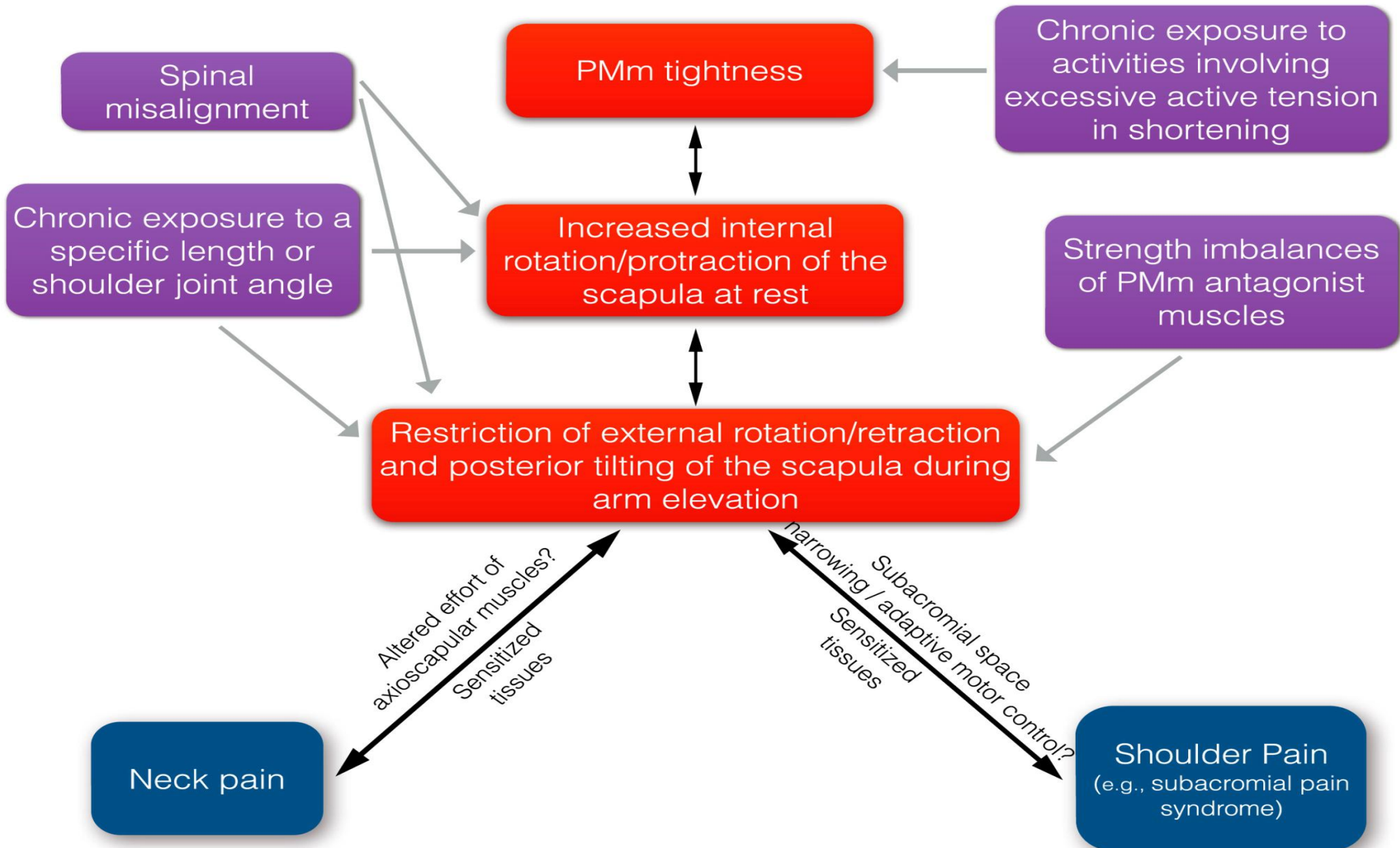


## SHOULDER IMPINGEMENT SYNDROME



# What if it's too tight?







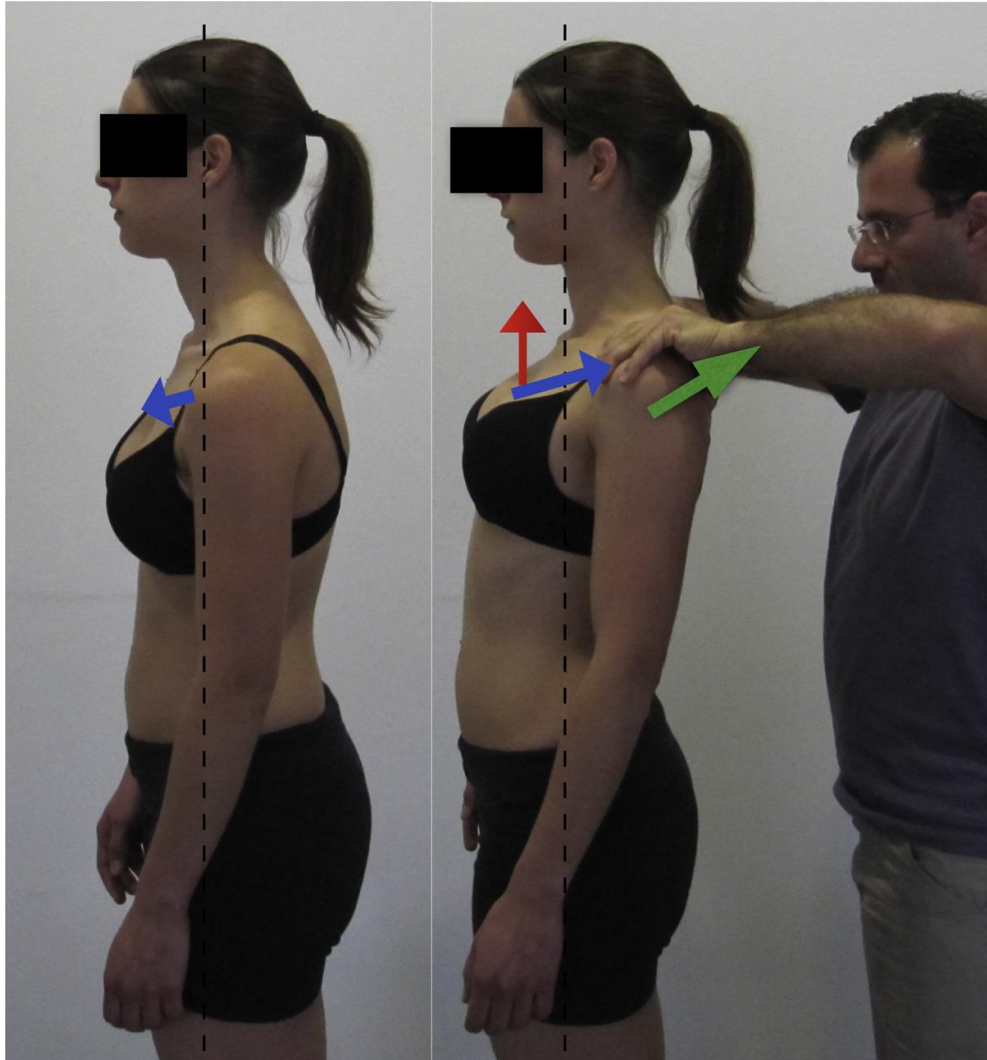


## Assessment of PMm tightness

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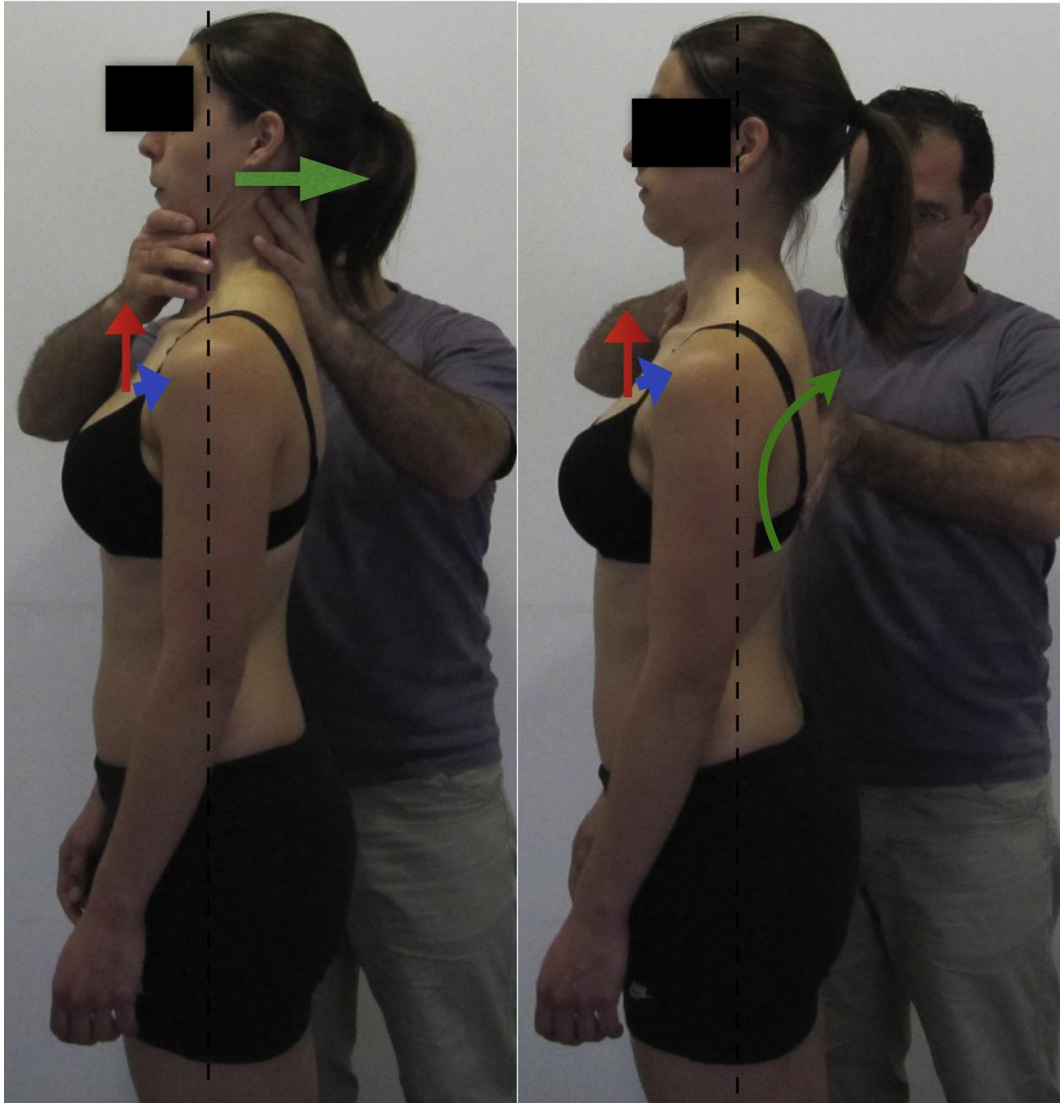
# Assessment of PMm tightness



**informing the PMm' s passive resistance to scapular motion and highlight the compensatory movements occurring in the axial skeleton .**



# Assessment of PMm tightness



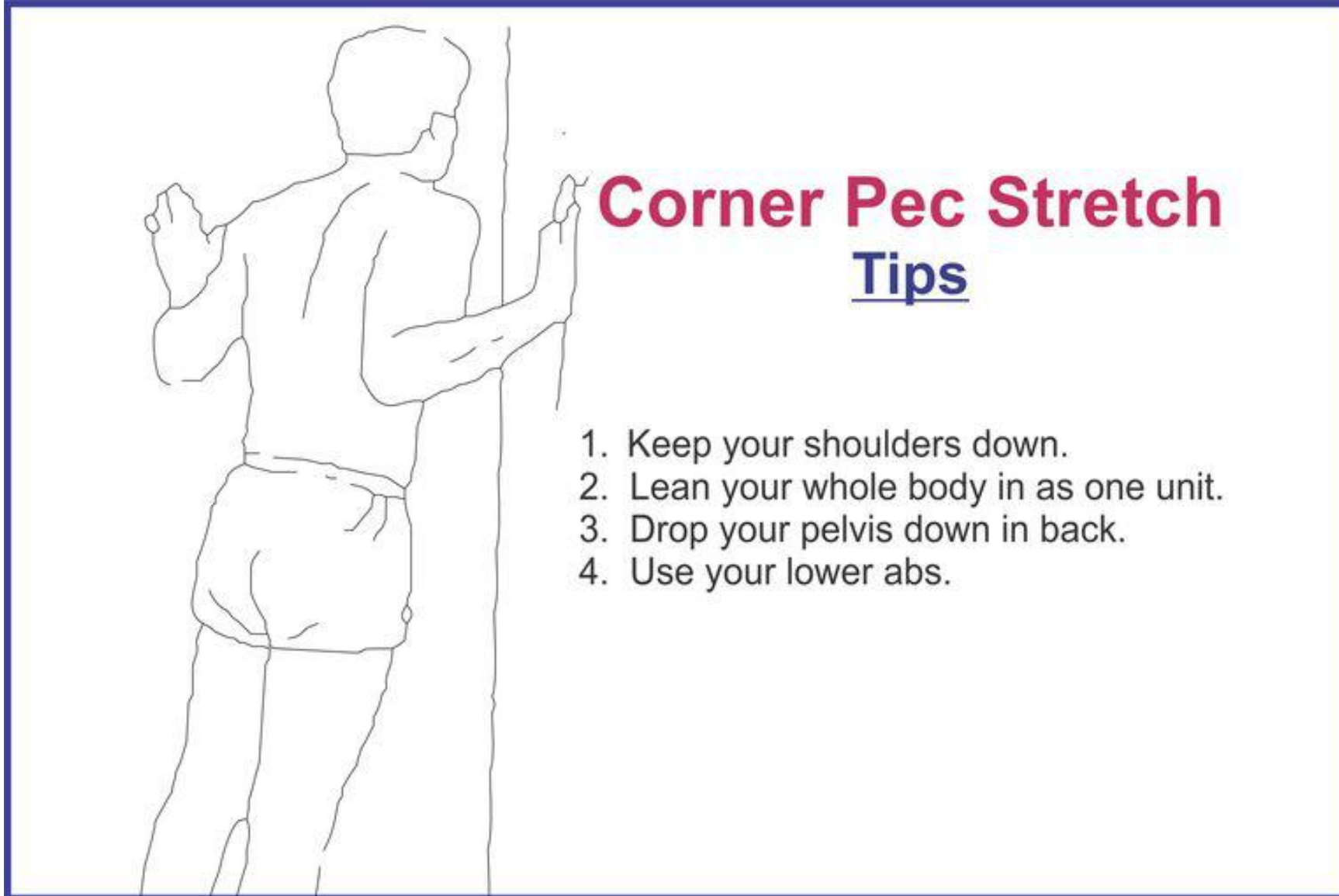
**the examination of posture and mobility of the head, cervical and thoracic spines should be conducted**



## Stretching Exercise

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# Stretching Exercise



## Corner Pec Stretch Tips

1. Keep your shoulders down.
2. Lean your whole body in as one unit.
3. Drop your pelvis down in back.
4. Use your lower abs.



# References:

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2. Rosa D P, Borstad J D, Pires E D, et al. Reliability of measuring pectoralis minor muscle resting length in subjects with and without signs of shoulder impingement[J]. *Revista Brasileira De Fisioterapia*, 2016, 20(2): 176-183.
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Thank  
you