

NEUROMUSCULAR ASSESSMENT

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PECTORALIS MINOR

STRUCTURAL ISSUES

- ❖ SEE THORACIC OUTLET SYNDROME.
- ❖ SEE HEAD-FORWARD POSTURE.
- ❖ SEE PARADOXICAL BREATHING.
- ❖ Shoulder is protracted when supine
- ❖ Becomes short and strong when the trapezius (lower) is weak.

IMPAIRED FUNCTION

- ❖ Pain and restriction when lifting up and forward as when reaching for a plate on a high shelf.
- ❖ Pain in the shoulder when wearing a bra
- ❖ Pain in the shoulder when reaching down and pulling as when using a hoe or rake
- ❖ Pain when wearing a back pack or shoulder bag
- ❖ Weakness in the pectoralis major from nerve entrapment
- ❖ Weakness in the pectoralis minor and serratus anterior make labored breathing difficult and speaking while ambulating difficult without pausing to take a breath.

CAUSES & PERPETUATING FACTORS

- ❖ Gardening
- ❖ Use of a back pack
- ❖ Slumped posture when seated
- ❖ Severe coughing or sneezing
- ❖ Whiplash
- ❖ Use of a crutch
- ❖ Tight bra strap
- ❖ Sleeping in a fetal position

DIFFERENTIAL ASSESSMENT

- ❖ Pain in the anterior shoulder with a protracted shoulder when supine is a reasonable indicator. Weakened pulse when raising the arm overhead supports this indication.

- ❖ Pain in the anterior shoulder must be distinguished from the patterns of biceps brachii, coracobrachialis, deltoid (anterior), infraspinatus, latissimus dorsi, pectoralis major, scalenes and supraspinatus.

The pain patterns of pectoralis minor, deltoid (anterior), and pectoralis major (clavicular head) are very similar and difficult to separate.

Infraspinatus, supraspinatus and coracobrachialis tend to be deeper in the shoulder. When in full referral, infraspinatus extends into the radial hand instead of the ulnar hand. Coracobrachialis refers into the posterior forearm and hand. Supraspinatus refers into the lateral epicondyle.

Biceps and latissimus dorsi tend to be a smaller pattern in the anterior shoulder. Latissimus dorsi also locks the low back to make side bending to the opposite side strongly restricted.

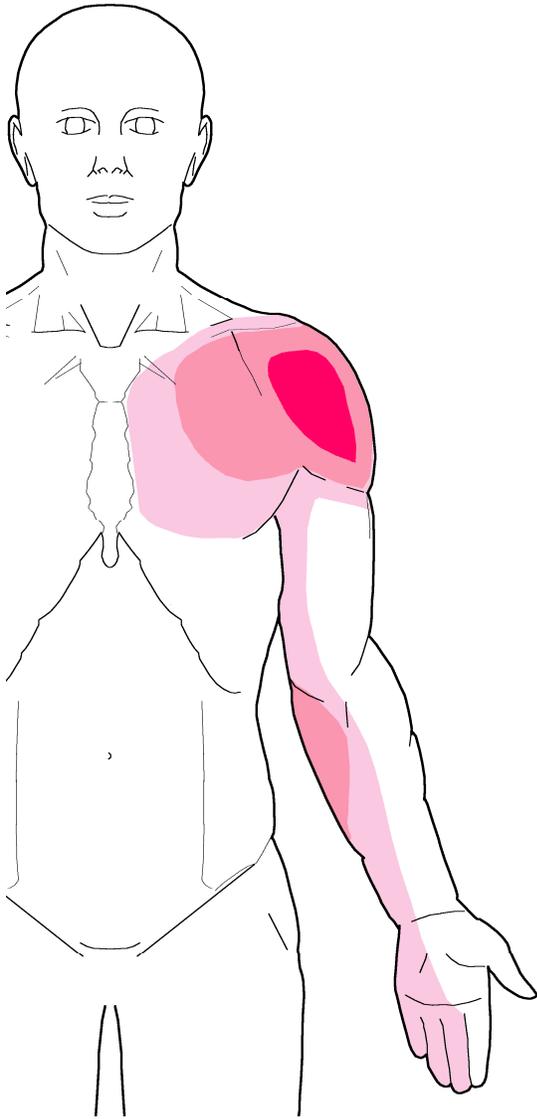
Scalenes are seldom only referring into the shoulder without also referring more strongly into the hand and/or upper back.

AREAS OF PAIN AND REFERRAL

- ❖ When there is only the essential pain zone that is referring, the pain patterns of pectoralis minor, deltoid (anterior), and pectoralis major (clavicular head) are very similar and difficult to separate.
- ❖ Pain may mimic cardiac problems.

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- ❖ Pain is focused over the anterior deltoid but may extend over the pectoralis major, medial brachium, ulnar forearm and ulnar hand.