

Trigger Point Therapy

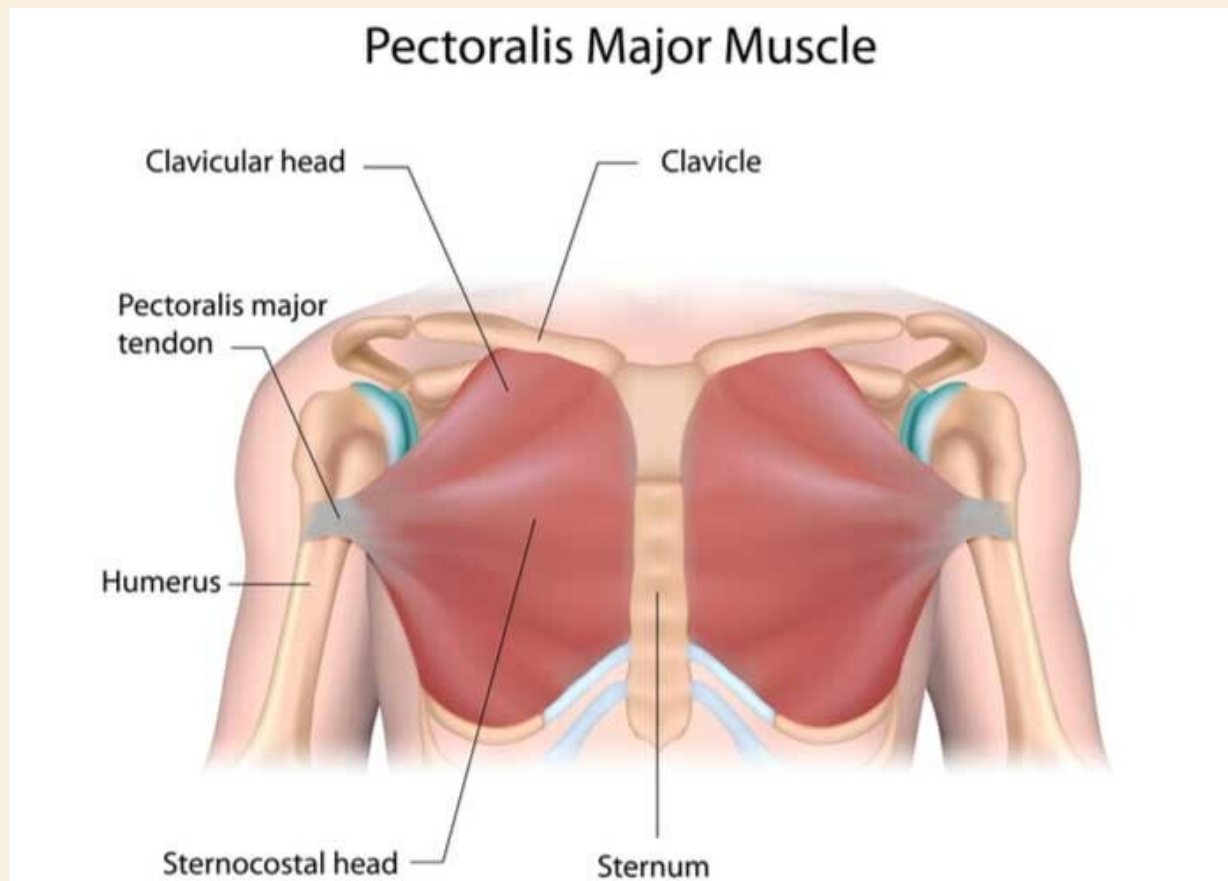
Pectoralis Major Muscle

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The Pectoralis Major Muscle



The pectoralis major is the superior and largest muscle in the chest wall's front area. This muscle looks like a thick fan that surrounds the clavicle and works with the chest and arms to provide mobility and power to the upper body. Studies reveal that the pectoralis major muscle plays an important role in upper limb movements. To that point, it can help with the adduction and medial rotation of the arm, according to the book by Dr. Travell, M.D. "Myofascial Pain and Dysfunction," the pectoralis muscle works with the rest of the chest muscles while being assisted by the teres major and minor muscles, the anterior and posterior deltoid muscles, the subscapularis muscles, and the tricep muscles. The pectoralis major muscles can also be affected by multiple issues affecting the chest and the rest of the upper half of the body.

Trigger Point Therapy-Pectoralis Major



So to find these triggers, well, there are two different ways of finding them. The first is in the muscle's free edge, so I lift the front part of the axilla. I slip my thumb underneath here, and I squeeze. And the triggers in the free edge are the ones that refer down to the breast and into the arm. And so once I've caught this trigger between my finger and thumb, I press firmly enough to ensure there is pain there and reduce the pressure and follow ischemic pressure. I can do these triggers, and sometimes I can get across, if somebody's very relaxed, to the triggers in that area. The second way to treat or find these triggers is by direct pressure. Direct pressure is by using my finger supported by my other finger, pressing in and feeling across the long fibers of the muscle and feeling for tight bands, and then finding the trigger itself, pressing in hard enough to cause tenderness, and then reducing the pressure and following ischemic principles.

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