

How to Self-Massage the Chest Muscles (Pectoralis Major and Minor)

Pectoralis Major

The Pectoralis Major originates from the sternum and half of your collar bone along with the cartilage of the first 6 or 7 ribs and attaches to a bump on the bone of your shoulder. Its actions include adducting and rotating the arm toward the chest.

How to tell if Pectoralis Major is tight:

1. Let arms drop by side. Palms should be facing each other. Not back.
2. Put arm out in T position. Should lie flat on floor.
3. Put arm out in Y position. Should lie flat on floor.
4. Clasp fingers behind neck. Should be able to put elbows on floor.

Pectoralis Minor

The Pectoralis Miner originates from the third, fourth, and fifth ribs and attaches to the coracoid process of the shoulder blade. A tight Pectoralis Minor can cause the shoulder blade to rotate out of place and cause subsequent pain at the shoulder or neck.

How to tell if Pectoralis Miner is tight:

1. Lie on back - back of shoulder should be flat on floor.
 - a. If raised – pectoralis minor is tight.

You can use the following:

- A. Lacrosse Ball
- B. Massage Gun