

Pectoralis major

Origin

The sternal half of the clavicle, half the breadth of the anterior surface of the sternum, costal cartilage of the upper 6 ribs & the aponeurosis of the external oblique

Insertion

Lateral lip of the intertubercular sulcus of the humerus.

Action

Adducts, horizontally flexes & internally rotates the humerus. The clavicular head flexes the shoulder & the sternocostal head extends the shoulder.

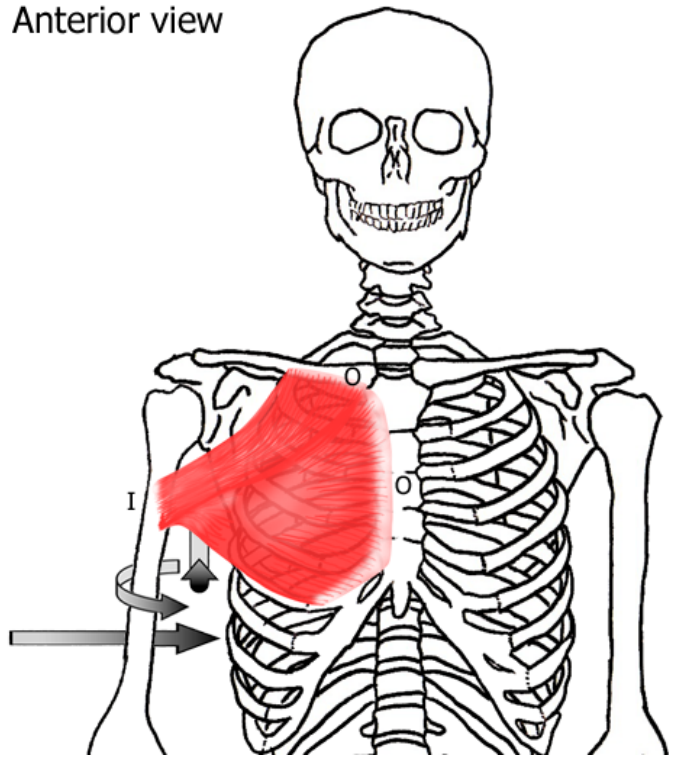
Innervation

Lateral & medial pectoral nerves with the clavicular portion innervated by C5 & C6, & the sternocostal portion by C7, C8 & T1.

Synergists

[Biceps brachii](#)
[Coracobrachialis](#)
[Deltoid-Anterior](#)
[Latissimus dorsi](#)
[Subscapularis](#)
[Teres major](#)

Anterior view



Related Exercises and Stretches

[Box push up 04731](#)
[Chest fly 03634](#)
[Decline chest press 00520](#)
[Pec deck 00849](#)
[Anterior shoulder chest stretch 02711](#)
[Anterior shoulder chest stretch 02790](#)

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