

Pectoralis Major

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Table 1: Pectoralis Major OIAN

Muscle	Origin	Insertion	Nerve	Action
Pec Major	Clavicle (medial half), sternum, costal cartilages 1–6, rectus sheath (anterior layer)	Humerus (crest of greater tubercle)	Lateral pectoral nerve and Medial pectoral nerve (C5-T1)	Entire muscle: adduction, internal rotation; Clavicular and sternocostal parts: flexion; assist in respiration when shoulder is fixed

1.1 Origin

- Clavicular part: Clavicle (medial half)¹
- Sternocostal part: sternum, costal cartilages 1–6¹
- Abdominal part: rectus sheath (anterior layer)¹

1.2 Insertion

Humerus (crest of greater tubercle)¹

1.3 Innervation

Lateral pectoral nerve and Medial pectoral nerve (C5-T1)¹

1.4 Action

Entire muscle: adduction, internal rotation Clavicular and sternocostal parts: flexion; assist in respiration when shoulder is fixed

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.