

Rectus Sheath

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Table 1: Rectus sheath muscular attachment

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