

# PEC STUDENT MANUAL

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move on to the muscle test of the different regions

checking the lower fibers of his pecs

check the upper fibers

inserting the lateral lip of the bicipital groove

visualize the size of pectoralis major

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Manual Muscle Test

Sternal Muscle Test

Lengthening

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PEC MINOR- A MAJOR CORRECTON - PEC MINOR- A MAJOR CORRECTON by The Muscle Doc 14,242 views 7 years ago 1 minute, 57 seconds - [www.themuscle.com](http://www.themuscle.com) The **pec**, minor is often misunderstood as far as its function. Originating from the coracoid process of the ...

Pec Minor Home Exercises - Pec Minor Home Exercises by Red Mountain Natural Medicine 9,806 views 4 years ago 3 minutes, 35 seconds - All right I want to give you a little information about how to take care of your **PEC**, minor now the **PEC**, minor of course is one of ...

Acumobility Ball: Pec Minor - Acumobility Ball: Pec Minor by Eric Cressey 18,787 views 6 years ago 2 minutes, 52 seconds - <https://www.acumobility.com/?ref=7>.

False Carpal Tunnel from Pectoralis Minor. Self Help Part 1 - False Carpal Tunnel from Pectoralis Minor. Self Help Part 1 by Hilma Volk 67,675 views 15 years ago 6 minutes, 8 seconds - <http://CarpalTunnelMaster.com> - Numb hands, poor hand circulation, false carpal tunnel syndrome, rounded shoulders and pain ...

Where Is the Pectoralis Minor Muscle

Coracoid Process

Pectoralis Minor Muscle Massage

How Often Should You Do It and How Much Should You Do

Assessment \u0026amp; treatment for the Pectoralis Major \u0026amp; Minor muscles using METs - Assessment \u0026amp; treatment for the Pectoralis Major \u0026amp; Minor muscles using METs by John Gibbons 96,225 views 6 years ago 6 minutes, 29 seconds - John is also the Author of the highly successful book and Amazon No 1 best seller called 'Muscle Energy Techniques, a practical ...

Introduction

Arm elevation test

Palpate sternal fibers

Treatment

Technique

How to assess the Pec Minor \u0026amp; Pec Major, Lats and Rotator Cuff muscles - How to assess the Pec Minor \u0026amp; Pec Major, Lats and Rotator Cuff muscles by John Gibbons 57,199 views 9 years ago 8 minutes, 15 seconds - John is also the Author of the highly successful book and Amazon No 1 best seller, called 'Muscle Energy Techniques, a practical ...

Pec Minor Stretch (Release Tight Chest) - Pec Minor Stretch (Release Tight Chest) by Back Intelligence 219,402 views 3 years ago 10 minutes, 12 seconds - Medical Disclaimer: Nothing posted on this channel is medical advice or a substitute for advice from your physician or healthcare ...

Pec Minor

Pec Minor Assists in Breathing

Signs that Your Pec Minor Is Tight

The Releasing Technique Is a Self-Myofascial Technique

Basic Stretch for the Pec Minor

How To Stretch and Release The Pec Minor | Posture Improvement - How To Stretch and Release The Pec Minor | Posture Improvement by GuerrillaZen Fitness 127,834 views 8 years ago 7 minutes, 21 seconds - The **pec**, minor (pectoralis minor) is a muscle in the front of your chest just beneath the much larger pectoralis major. Even though ...

Intro

Technique

Outro

Pec Minor Stretch and Release for Thoracic Outlet Syndrome - Pec Minor Stretch and Release for Thoracic Outlet Syndrome by TopVelocity.net 35,990 views 7 years ago 2 minutes, 37 seconds -

<https://www.topvelocity.net/thoracic-outlet-syndrome-prevention-pitchers/>

Pain Free Pec Minor Release - Pain Free Pec Minor Release by Modern Manual Therapy 32,073 views 10 years ago 2 minutes, 1 second - The Eclectic Approach: Dr. E uses reciprocal inhibition (setting the scapula via hold relax shoulder elevation) to reciprocally inhibit ...

[Live Training] Sports Massage: Pec Minor Pin and Stretch - [Live Training] Sports Massage: Pec Minor Pin and Stretch by Kasie Tedrick 429 views 1 year ago 56 seconds - My name is Kasie Tedrick, aka Coach Kasie, and I'm a Licensed **Manual**, Therapist and Massage Therapy Instructor, a Certified ...

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RECAP

PHASE 2

PHASE 3

PHASE 4

PHASE 6

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Pec MINOR training Isolation exercise - Pec MINOR training Isolation exercise by JM7thlevel 8,404 views 2 years ago 9 minutes, 29 seconds - Stability can come from strength but also from sheer mass as well. The **pec**, minor can stabilize the scapula from the front while the ...

Intro to Manual Muscle Testing (Doctorate of Physical Therapy) | Ep. 6 | APU DPT Student Vlog - Intro to Manual Muscle Testing (Doctorate of Physical Therapy) | Ep. 6 | APU DPT Student Vlog by Dr. Justin Lee, Doctor of Physical Therapy 1,461 views 7 years ago 4 minutes, 29 seconds - This week, we had our first opportunity to palpate (touch) and **manual**, muscle test. These are fundamental skills that are needed ...

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