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The inflammation is often seen in young individuals involved in frequent weight lifting. The pectoralis major muscle is located in front of chest wall. The contraction of Pectoralis Major Muscles help to bring upper arm inward in front of the chest wall and also rotate to touch the opposite shoulder.

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### **Tender pectoral lymph nodes - Answers on HealthTap**

Answers from trusted physicians on swollen pectoral lymph nodes. First: I've had one since a strep throat in med school. Different people have big lymphoid outposts in different places. They're there to help you, and only if they are clearly abnormal (huge, rock-hard, stuck to something they shouldn't be) should you consider biopsy.

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Swollen, Bloated and Puffy: A manual lymphatic drainage therapist's guide to reducing swelling in the face and body 1st Edition. by Mrs Kathleen Helen Lisson (Author) > Visit Amazon's Mrs Kathleen Helen Lisson Page. Find all the books, read about the author, and more. See search ...

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Is A Swollen Pectoral Muscle Cancer. the

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other day , my girlfriend noticed my right side pectoral muscle above my right breast is alot more swollen then my left.. it doesnt hurt, but as i looked ...

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During stretching or contracting the pectorals experience tension. This tension can become excessive with high repetition or high force, this can cause pectoral muscles to tear. This injury is known as a pectoral strain. Pectoral tears, as with other muscle, ligament and tendon tears are graded on severity.

### **Pectoral Tears and Strains | First Aid 4 Sport | Blog**

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## **Lymphatic drainage massage: How-to guide and benefits**

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I have had a sore pectoral muscle for months. I was diagnosed with costochondritis about a month ago and an anti-inflammatory was prescribed. The symptoms of the costochondritis have started to lessen, but the pectoral muscle is still sore.

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