

# Pectoral Region – Surface Landmarks

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### Bony Landmarks

- **Clavicle** ? easily palpable throughout its length.
  - **Sternoclavicular joint** ? at the medial end of clavicle.
  - **Acromioclavicular joint** ? at the lateral end of clavicle.
  - **Coracoid process of scapula** ? palpable just below lateral third of clavicle.
  - **Jugular (suprasternal) notch** ? depression between medial ends of clavicles at level of **T2 vertebra**.
  - **Sternal angle (Angle of Louis)** ? junction of manubrium and body of sternum, corresponds to:
    - Level of **2nd costal cartilage**.
    - Intervertebral disc between **T4–T5 vertebrae**.
    - Important clinical landmark for counting ribs.
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### Soft Tissue Landmarks

- **Anterior axillary fold** ? formed by lower border of pectoralis major.

- **Posterior axillary fold** ? formed by latissimus dorsi and teres major.
  - **Inframammary fold** ? junction between lower border of breast and chest wall.
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### Breast Surface Markings (overview, detailed later)

- Extends from **2nd to 6th rib** vertically, and from **sternum to mid-axillary line** horizontally.
  - **Nipple** ? usually at **4th intercostal space** in males and nulliparous females (variable in females after puberty/pregnancy).
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### Vascular & Nerve Landmarks (palpable/palpation points)

- **Cephalic vein** ? runs in the deltopectoral groove (between deltoid and pectoralis major).
  - **Thoracoacromial artery** ? pierces clavipectoral fascia near coracoid process.
  - **Lymph nodes** ? palpable in anterior axillary fold (pectoral group of axillary nodes).
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### Clinical Relevance

- **Jugular notch** ? useful for tracheal intubation and central line placement.
- **Sternal angle** ? landmark for 2nd rib; aids in counting ribs and intercostal spaces.
- **Anterior axillary fold** ? palpable guide in axillary dissection and surgery.
- **Coracoid process** ? used as surface landmark for brachial plexus block.