

# Swollen Pectoral Manual Guide

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in this region. Normally, the inflammation will start to reduce as the affected region begins to heal. Be sure to

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Pectoralis Major Muscle lies in front of chest wall. The inner or medial tendon of the muscle originates from surface of breastbone and collarbone (clavicle). The lateral or outer end of the muscle continues as lateral (outer) tendon and attaches to humerus. The inflammation of the Pectoralis Major Muscle and its Tendon is quite rare.

### **Pectoralis Major Inflammation: Treatment, PT, Causes, Symptoms**

ing on the severity of swelling and condition of the skin, and may require several weeks to months of therapeutic care. Whether

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you are seeing a therapist, or doing self-care there are four components of treatment, MANUAL LYMPH DRAINAGE, SKIN CARE, COMPRESSION, and EXERCISE. Treatment is performed in two phases: 1.

### **Lymphedema: A Self Care Guide - unclineberger.org**

If your swollen lymph nodes are tender or painful, you might get some relief by doing the following: Apply a warm compress. Apply a warm, wet compress, such as a washcloth dipped in hot water and wrung out, to the affected area. Take an over-the-counter pain reliever.

### **Swollen lymph nodes - Diagnosis and treatment - Mayo Clinic**

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Sanitation. ... 14 Chest pain and other disorders of the heart and circulation 133 ... Lymph node swelling in the groin 202 Vaginal discharge 203 Bacterial vaginosis 203 Vaginal candidiasis 203

### **International Medical**

Besides a regular physical exam and medical history, your doctor will evaluate your swollen lymph nodes for: Size. Pain or tenderness when touched. Consistency (hard or rubbery). Matting (whether they feel joined or move together). Location (specific diseases can be tied to where the swollen lymph nodes are in your body).

### **Swollen Lymph Nodes Diagnosis and Tests | Cleveland Clinic**

Your doctor will examine the swollen area and press on the affected skin to look for a fingertip indentation (pitting). The skin will be indented in people with the much more common type of

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edema caused by leaky blood vessels.

## **Lymphedema Guide: Causes, Symptoms and Treatment Options**

Rest the arm on a table or armrest. Place the other hand on the shoulder of the resting arm. Move the hand over the back of the shoulder and toward the neck. To massage the upper arm: Rest the arm...

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

If that sounds familiar, you have likely torn a pectoral tendon or have pectoralis major rupture. Over the next few days, you will notice heavy bruising and swelling. As the swelling starts to subside, you will see a deformity of your pectoralis major. If you tighten your chest muscles you will see the pec ball up over your chest.



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## **Pectoral Tendon Tears: A Treatment Guide - Howard J. Luks, MD**

Swollen lymph nodes are much more likely to be caused by infections or a disease that affects your immune system. Find out when you should see a doctor and how cancer gets diagnosed.

## **When Do Swollen Lymph Nodes Mean Cancer?**

Download Testicles Enlarged Manual Guide Causes of Swollen Testicles. One of the most common causes of testicle swelling is testicular torsion, which is when the spermatic cord becomes twisted, and blood supply is cut off from the Page 2/10.  
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