

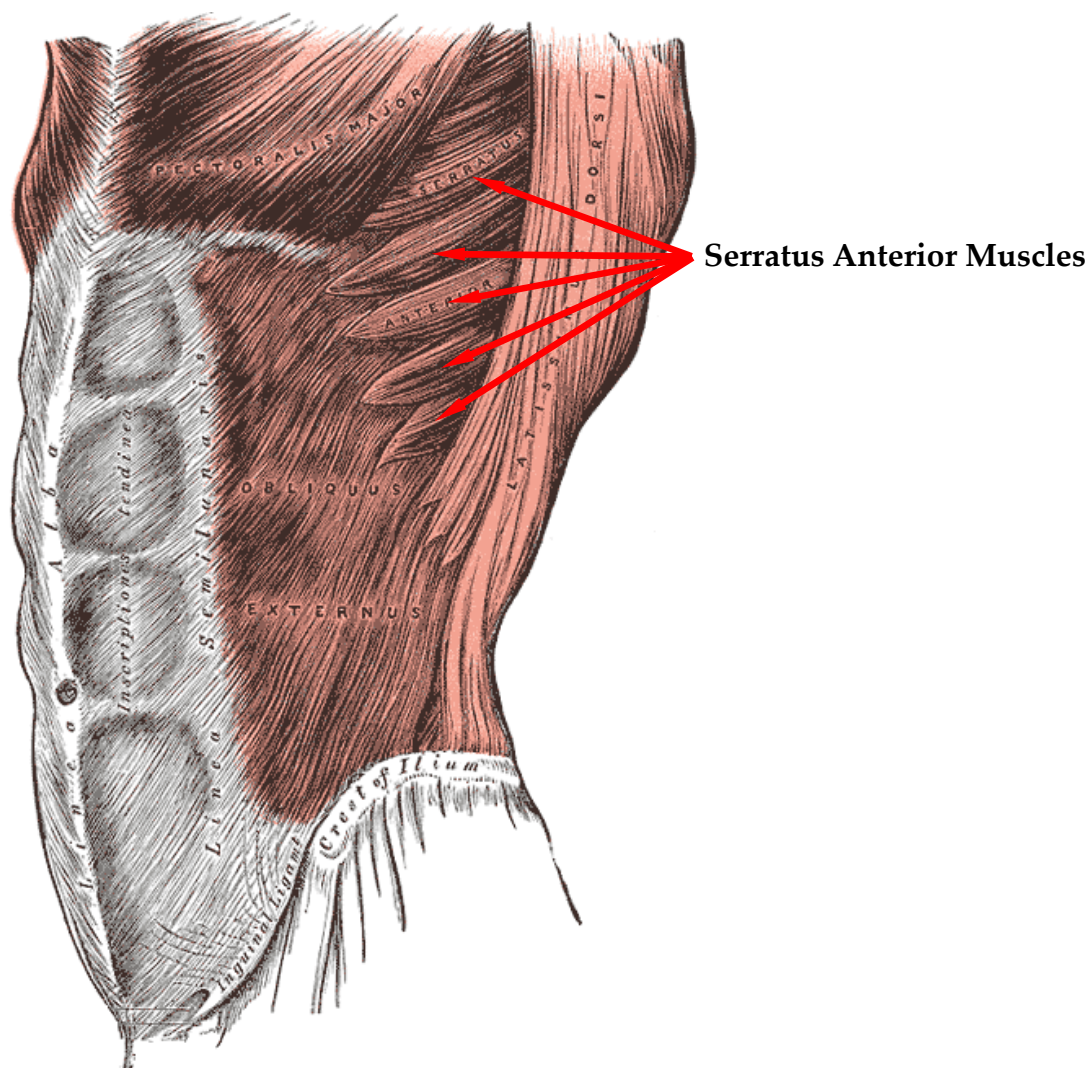
## Serratus Anterior Spasm

There is spasm in muscles in the side of your chest along your ribs.

### (a) Symptoms

This is a low-grade chronic spasm of the *serratus anterior* muscles, which is shown in the figure below. Pain is a nagging ache.

### Serratus Anterior Muscles



### (b) Treatment

Your practitioner will free up the offending muscles.

### (c) Could it Recur?

This problem rarely repeats itself, unless something in your workplace or lifestyle is placing pressure upon this muscle group causing it to tighten up. If it happens again, report to your practitioner, who may wish to discuss options to prevent its recurrence.