



UNILATERAL RECTUS STERNALIS MUSCLE – A RARE ANATOMICAL VARIANT OF CHEST WALL MUSCULATURE

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ABSTRACT

During routine dissection program for the MBBS students, a variant muscle was observed on the right side of the anterior chest wall in an adult male cadaver of 60 years old. This muscle was confirmed as a rectus sternalis. This muscle is clinically important during surgeries and interventional procedures.

BACKGROUND

During routine dissection program done at Sri Ramachandra institute of Higher Education and Research, Chennai for MBBS students, after reflecting skin, superficial fascia, deep fascia, a variation in the thoracic musculature was observed on the right side in an adult cadaver of 60 years old male.

CASE REPORT

A rare muscle was seen on the right side of the anterior chest wall in which attachment of the muscle was studied in detail. In this case, origin was from the upper part of the sternum and insertion was into the aponeurosis of the external oblique muscle of the abdomen.

fig: 1 shows the variant muscle observed



Fig shows the rectus sternalis muscle and its attachment

DISCUSSION

Rectus sternalis muscle is otherwise known as episternalis, sternalis, parasternalis or presternalis. The rectus sternalis is a rare muscle that runs along the anterior aspect of the body of the sternum.

The rectus sternalis muscle originates from the upper part of the sternum and it can display various insertions such as pectoral fascia, lower ribs, costal cartilages, rectus sheath, aponeurosis of the external oblique muscles of the abdomen. It lies superficially and parallel to the sternum. It is regularly present in lower animals and occasionally detected in humans. The knowledge of this anatomical variation is significant in the interventional procedures and in preventing diagnostic errors for avoiding complications during surgeries done in the pectoral region.

CONCLUSION

The rectus sternalis muscle is an inconstant muscle located in the anterior chest wall superficial to the pectoralis major muscle. Rectus sternalis is a rare superficial misplaced muscle tissue, arising from variable sources in a localized region at the anterior thorax, and knowledge on it is important for performance of interventional and diagnostic procedures. Negligence of this muscle can cause negative changes in prognosis of patient. New advances in reconstruction surgery by using Rectus sternalis muscle flap are possible. This paper is presented to bring attention to this rare muscle to know the awareness and its clinical importance.

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