



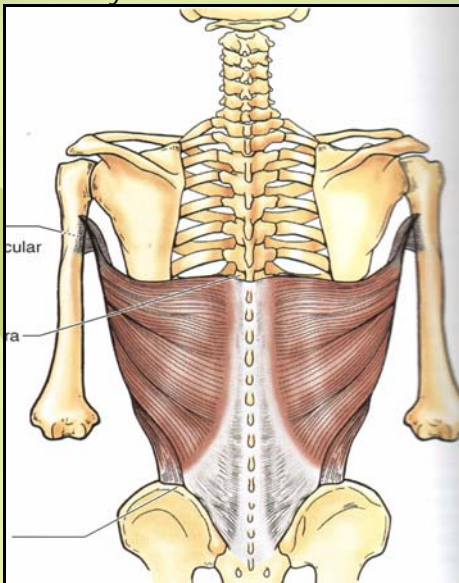
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LITTLE MISS DORSI JANUARY 2009 NEWSLETTER

Have you heard the tale of "Little Miss Dorsi Between Two Majors"? What sounds like an old fashioned romantic drama with sparring male rivalry is actually an anatomy memory trick for remembering where the latissimus dorsi tendon inserts on the humerus (between pectoralis *major* and teres *major*). Ah yes, it always comes "*back*" to muscles, don't it? Pun intended! Anyhow, that little Miss Dorsi ... she ain't so little! She's quite a large and powerful girl, with broad and flat features. Kind of triangular, really -- especially when you look at her side by side with her twin, as in the below picture. For you fitness buffs and wannabees ... developing the latissimus dorsi muscle will give you the coveted "V" shape in the upper body.



"Latissimus" means widest, and "dorsi" means back – it is the widest muscle of the back, spanning the region from the big "tailbone", covering the lumbar and lower thoracic regions, and wrapping around the side of the body next to the upper arm, finally inserting into a spot on the upper arm.

Considering how much of the back she covers, Miss Dorsi's job primarily entails extending the upper arm backwards and also down and in towards the body (try squeezing yourself with your own elbows). Miss Dorsi is one powerful muscle and is utilized in activities such as swimming, chopping, using crutches, gymnastics, rowing, pitching ball, racquet sports, and any activities that involve pulling yourself up or pushing down with your arms. When latissimus dorsi develops trigger points from unaccustomed or overuse (and most people do have them), pain is referred to the mid back just below the shoulder blade; to the side at the waist; and at the worst of times ... even right down the inside of the arm to the pinky and ring finger.

Incidentally, Miss Dorsi has a little sidekick companion named Teres Major, who is commonly referred to as "Lats little helper" because the two have the exact same action on the arm. It is impossible to use one without the other. Teres major is situated on the lower edge of the shoulder blade, just above latissimus dorsi. When Terry has the trigger point cooties, pain is referred to the back of the shoulder. In both muscles, trigger points will inhibit a full stretch of the arm upwards and this movement will not necessarily be painful, just restricted. Are you experiencing any of these symptoms? Call or email me – I can help!!

Another day, perhaps I'll tell you a story about Sam and Ella, or maybe the one about Polly Esther ...