

TIPS TO PREVENT PROGRESSION OF PECTUS EXCAVATUM & PECTUS CARINATUM

Early care, healthy habits and consistent exercises can help improve posture, strength, chest appearance and overall well-being.

PECTUS EXCAVATUM (FUNNEL CHEST)



Pectus deformities are abnormalities of the chest wall caused by overgrowth of the rib cartilage.

They often become more noticeable during rapid growth in childhood and adolescence.



EARLY EVALUATION IS IMPORTANT.
Non-surgical options work best before skeletal maturity.

PECTUS CARINATUM (PIGEON CHEST)

GENERAL TIPS FOR BOTH CONDITIONS

1 MAINTAIN EXCELLENT POSTURE



- Sit and stand tall
- Keep shoulders back
- Avoid slouching
- Ergonomic setup
- Take posture breaks

Helpful exercises:

- Scapular retraction
- Wall angels
- Chin tucks
- Thoracic extension

2 STRENGTHEN CHEST, BACK & CORE



Focus on:

- Upper back muscles
- Core stabilization
- Chest expansion
- Shoulder strength

Great activities:

- Swimming • Yoga • Pilates
- Resistance training

3 PRACTICE BREATHING EXERCISES



- Diaphragmatic breathing
- Incentive spirometry
- Deep inspiratory exercises
- Balloon inflation (in children)

Improves chest expansion and lung function.

4 MAINTAIN HEALTHY GROWTH & NUTRITION



- Adequate protein
- Vitamin D optimization
- Calcium intake
- Good sleep
- Regular physical activity

5 AVOID SEDENTARY LIFESTYLE



- Exercise daily
- Play sports
- Stretch regularly
- Spend time outdoors

6 MONITOR DURING PUBERTY



Progression often accelerates during adolescence.

Watch for:

- Increasing deformity
- Exercise intolerance
- Shortness of breath
- Chest pain
- Palpitations
- Poor endurance
- Psychological distress

SPECIFIC TIPS FOR PECTUS EXCAVATUM



IMPROVE CHEST EXPANSION

- Deep breathing
- Posture correction
- Pec stretching
- Thoracic mobility exercises



BUILD UPPER CHEST MUSCLES

Can improve appearance and support chest wall.

- Push-ups
- Incline exercises
- Resistance bands



VACUUM BELL THERAPY

In selected children/adolescents with flexible chest walls, vacuum bell therapy may help gradually elevate the sternum under specialist supervision.

SPECIFIC TIPS FOR PECTUS CARINATUM



EARLY BRACING

External bracing is highly effective if started early.

- Works best during growth years
- With flexible chest walls
- When worn consistently



AVOID FORWARD SHOULDER POSTURE

Forward rounding can make the chest protrusion appear more prominent.



STRENGTHEN BACK MUSCLES

Focus on:

- Rhomboids
- Trapezius muscles
- Posterior shoulders



WHEN TO SEEK SPECIALIST EVALUATION



Progressive deformity



Exercise limitation



Chest pain / Palpitations



Shortness of breath



Severe cosmetic concerns



Anxiety/Depression & family history of connective tissue disorders

EVALUATION MAY INCLUDE:



Physical examination



Echocardiogram



Pulmonary function testing



Chest imaging



Assessment for scoliosis or other associated conditions

