

# Chest Wall Pain

## What is it?

A type of muscle pain in the chest.

## Types of Chest Wall Pain:

- **Bruised chest muscles**

- from excessive coughing, straining or minor injury can cause harmless chest pain.

- **Costochondritis**

- causes pain and tenderness in and around the cartilage that connects your ribs to your breastbone (sternum).

If you have costochondritis, pressing on a few points along the edge of your breastbone often triggers considerable tenderness. If gently touching the area with your fingers causes chest pain, it's unlikely that a serious condition, such as a heart attack, is the cause of your chest pain.

---

Revision #1

Created 3 March 2023 23:56:21

Updated 7 April 2023 16:45:28