

### Anatomy of Thorax

|         |           |               |
|---------|-----------|---------------|
| Sternum | Manubrium | Sternal Angle |
|---------|-----------|---------------|

Body of Sternum

Xiphoid Process

|      |           |     |
|------|-----------|-----|
| Ribs | True Ribs | 1-7 |
|------|-----------|-----|

|            |      |
|------------|------|
| False Ribs | 8-10 |
|------------|------|

|               |       |
|---------------|-------|
| Floating Ribs | 11-12 |
|---------------|-------|

|                   |                                             |
|-------------------|---------------------------------------------|
| Costal Cartilages | connects 7th rib to lateral edge of sternum |
|-------------------|---------------------------------------------|

8-10th rib to the cartilage immediately above them

### Mechanics of Respiration

|             |                                      |
|-------------|--------------------------------------|
| Respiration | process of inhalation and exhalation |
|-------------|--------------------------------------|

|                   |                                   |
|-------------------|-----------------------------------|
| Accessory Muscles | used when difficulty in breathing |
|-------------------|-----------------------------------|

|                  |                   |
|------------------|-------------------|
| Physiologic Rate | 16-20 breaths/min |
|------------------|-------------------|

|                   |        |                                                             |
|-------------------|--------|-------------------------------------------------------------|
| Quiet Inspiration | Eupnea | <i>normal breathing; does not require cognitive thought</i> |
|-------------------|--------|-------------------------------------------------------------|

|                    |           |                                                                               |
|--------------------|-----------|-------------------------------------------------------------------------------|
| Forced Inspiration | Hyperpnea | <i>during exercise of activity; requires active manipulation of breathing</i> |
|--------------------|-----------|-------------------------------------------------------------------------------|

Quiet Expiration

Forced Expiration



By [\\_primooooo](#)

[cheatography.com/primooooo/](https://cheatography.com/primooooo/)

Not published yet.

Last updated 28th August, 2025.

Page 1 of 1.

Sponsored by [Readable.com](#)

Measure your website readability!

<https://readable.com>