

Anatomy of Thorax

Sternum	Manubrium	Sternal Angle
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Body of Sternum

Xiphoid Process

Ribs	True Ribs	1-7
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False Ribs 8-10

Floating Ribs 11-12

Costal Cartilages	connects 7th rib to lateral edge of sternum
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8-10th rib to the cartilage immediately above them

Mechanics of Respiration

Respiration	process of inhalation and exhalation
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Accessory Muscles	used when difficulty in breathing
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Physiologic Rate	16-20 breaths/min
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Quiet Inspiration	Eupnea	<i>normal breathing; does not require cognitive thought</i>
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Forced Inspiration	Hyperpnea	<i>during exercise of activity; requires active manipulation of breathing</i>
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Quiet Expiration

Forced Expiration



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