

## Anatomy of Thorax

Sternum	Manubrium	Sternal Angle
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	Body of Sternum	
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	Xiphoid Process	
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Ribs	True Ribs	1-7
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	False Ribs	8-10
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	Floating Ribs	11-12
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Costal Cartilages	connects 7th rib to lateral edge of sternum
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	8-10th rib to the cartilage immediately above them
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## 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
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Forced Expiration
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By \_primoooooooo

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

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