

Muscles of inspiration

Muscles of expiration

**Accessory**

Sternocleidomastoid (elevates sternum)

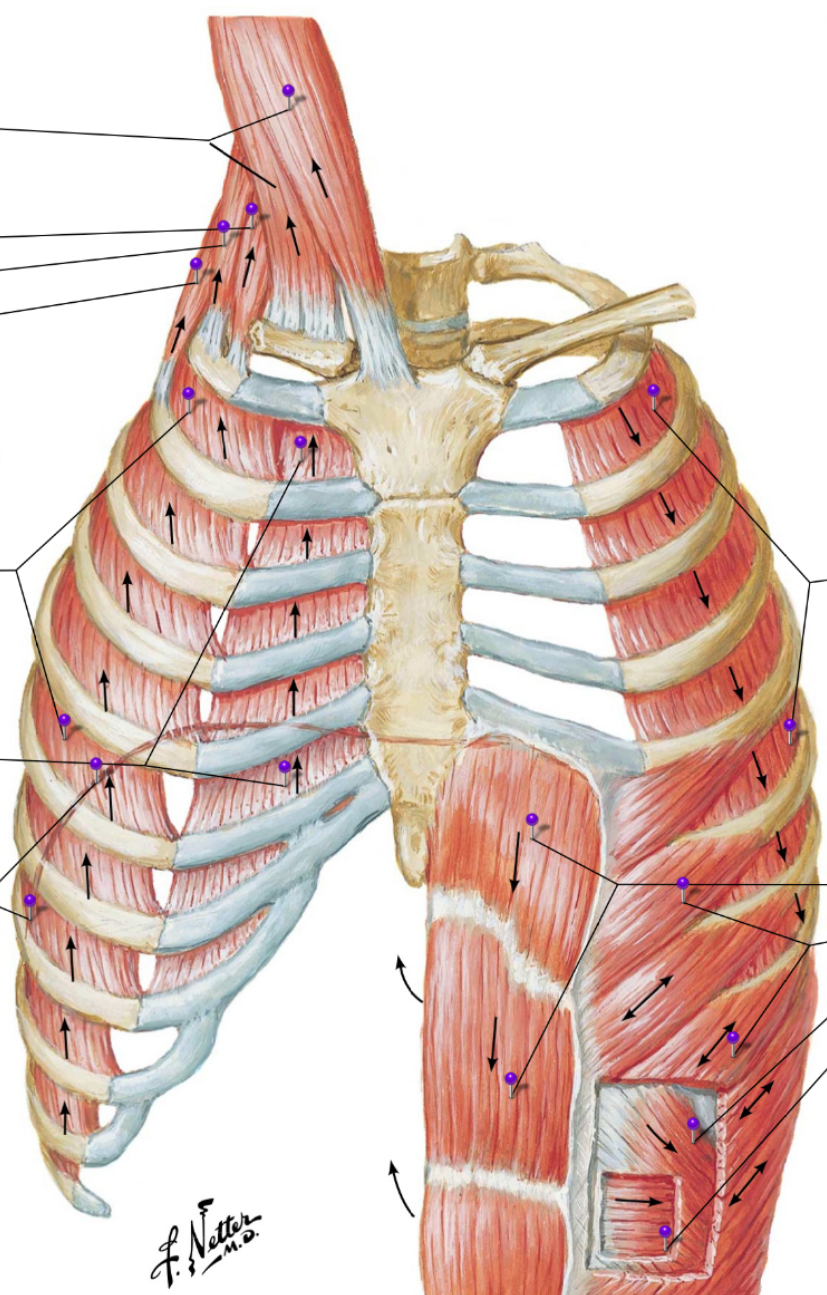
Scalenes  
Anterior  
Middle  
Posterior  
(elevate and fix upper ribs)

**Principal**

External intercostals (elevate ribs, thus increasing width of thoracic cavity)

Interchondral part of internal intercostals (also elevates ribs)

Diaphragm (domes descend, thus increasing vertical dimension of thoracic cavity; also elevates lower ribs)



**Quiet breathing**

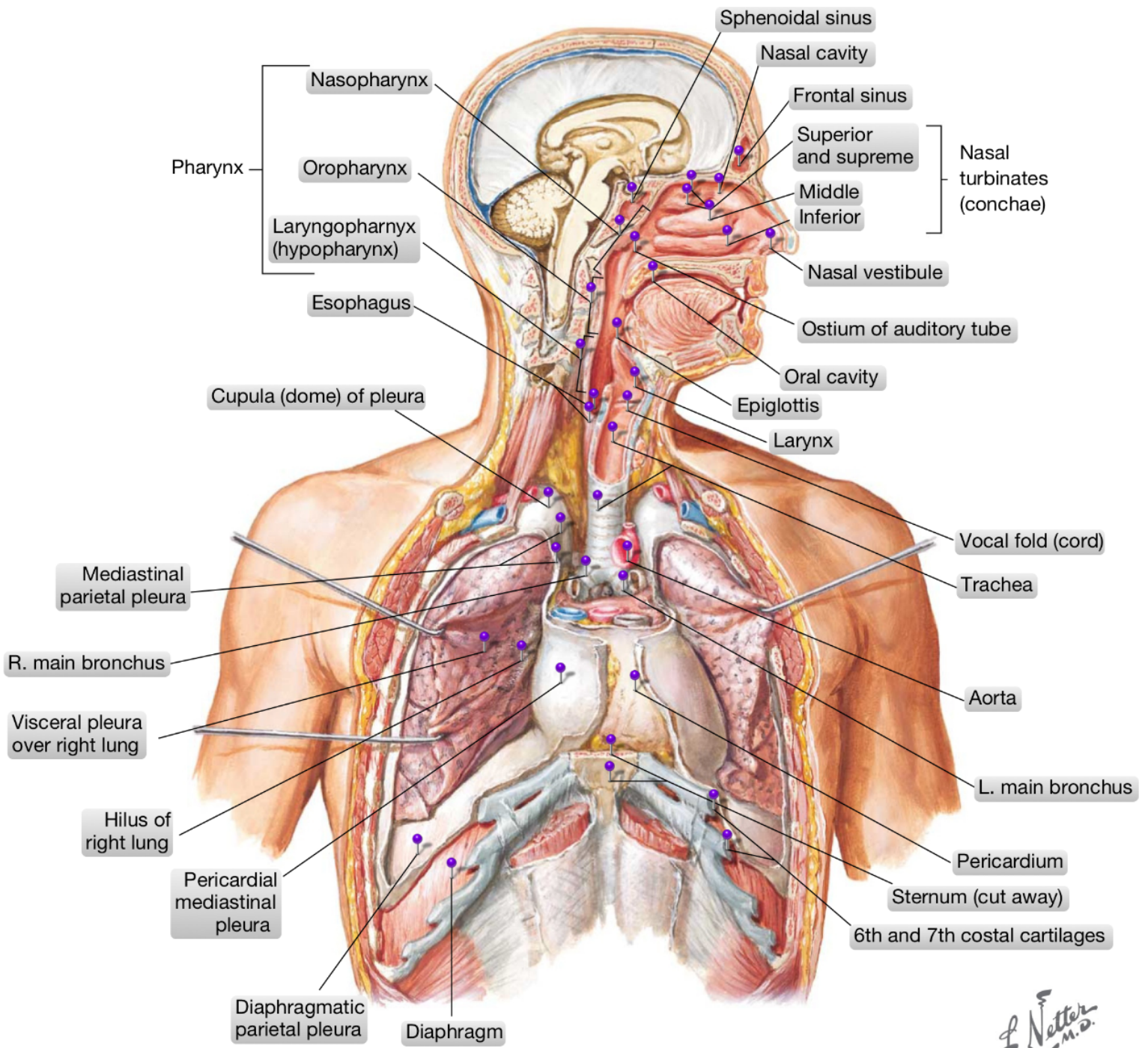
Expiration results from passive recoil of lungs and rib cage

**Active breathing**

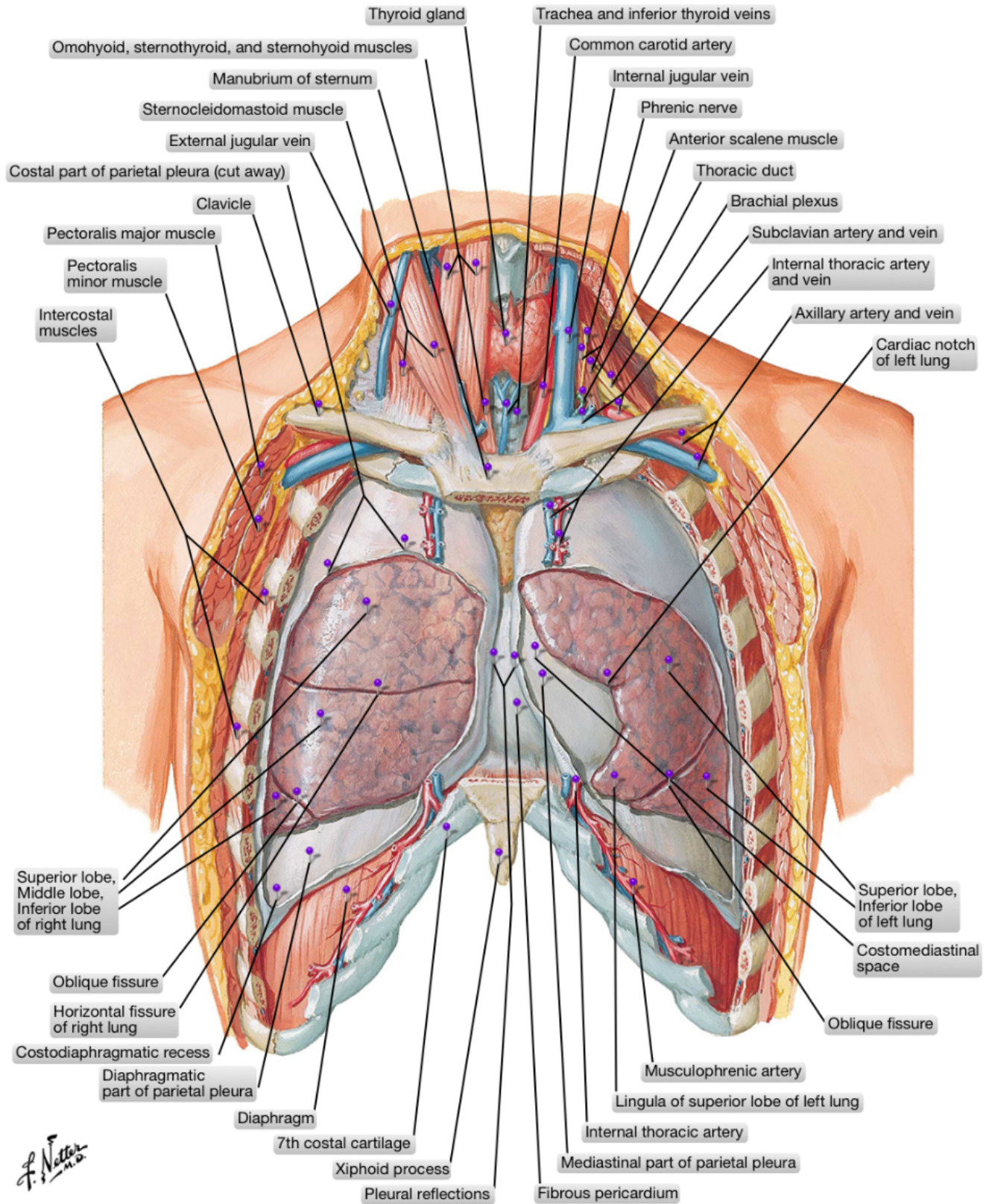
Internal intercostals, except interchondral part

Abdominals (depress lower ribs, compress abdominal contents, thus pushing up diaphragm)

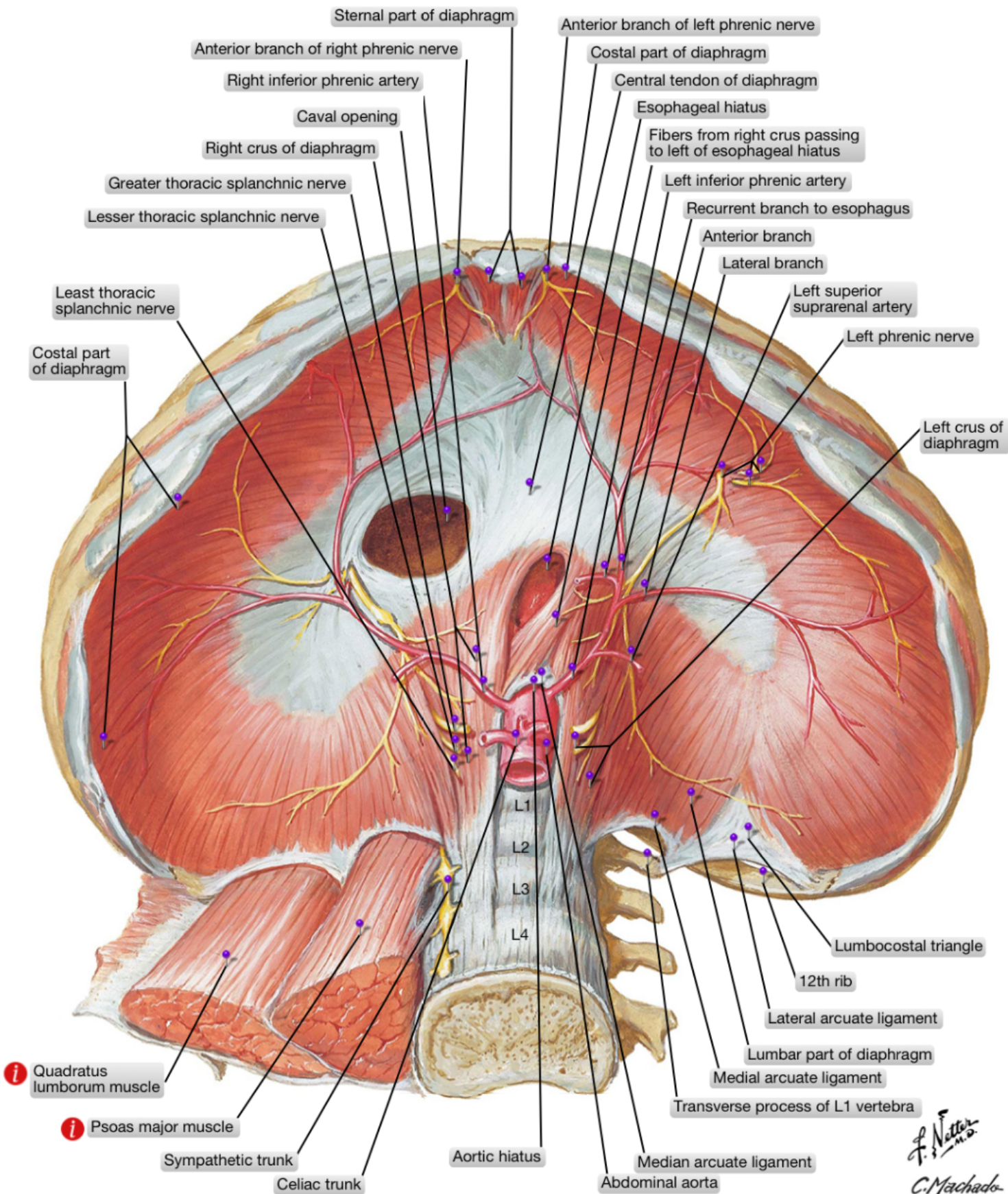
Rectus abdominis  
External oblique  
Internal oblique  
Transversus abdominis



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