Deep Breath Pattern

AIR ENTERING LUNGS

VOLUME OF THORAX INCREASED

RIBS AND STERNUM RAISED

RIB CAGE

DIAPHRAGM CONTRACTED

Inspiration

AIR EXPELLED FROM LUNGS

VOLUME OF THORAX DECREASED

RIBS AND STERNUM RETURNED TO ORIGINAL POSITION

DIAPHRAGM RELAXED AND ARCHED UPWARDS

Expiration