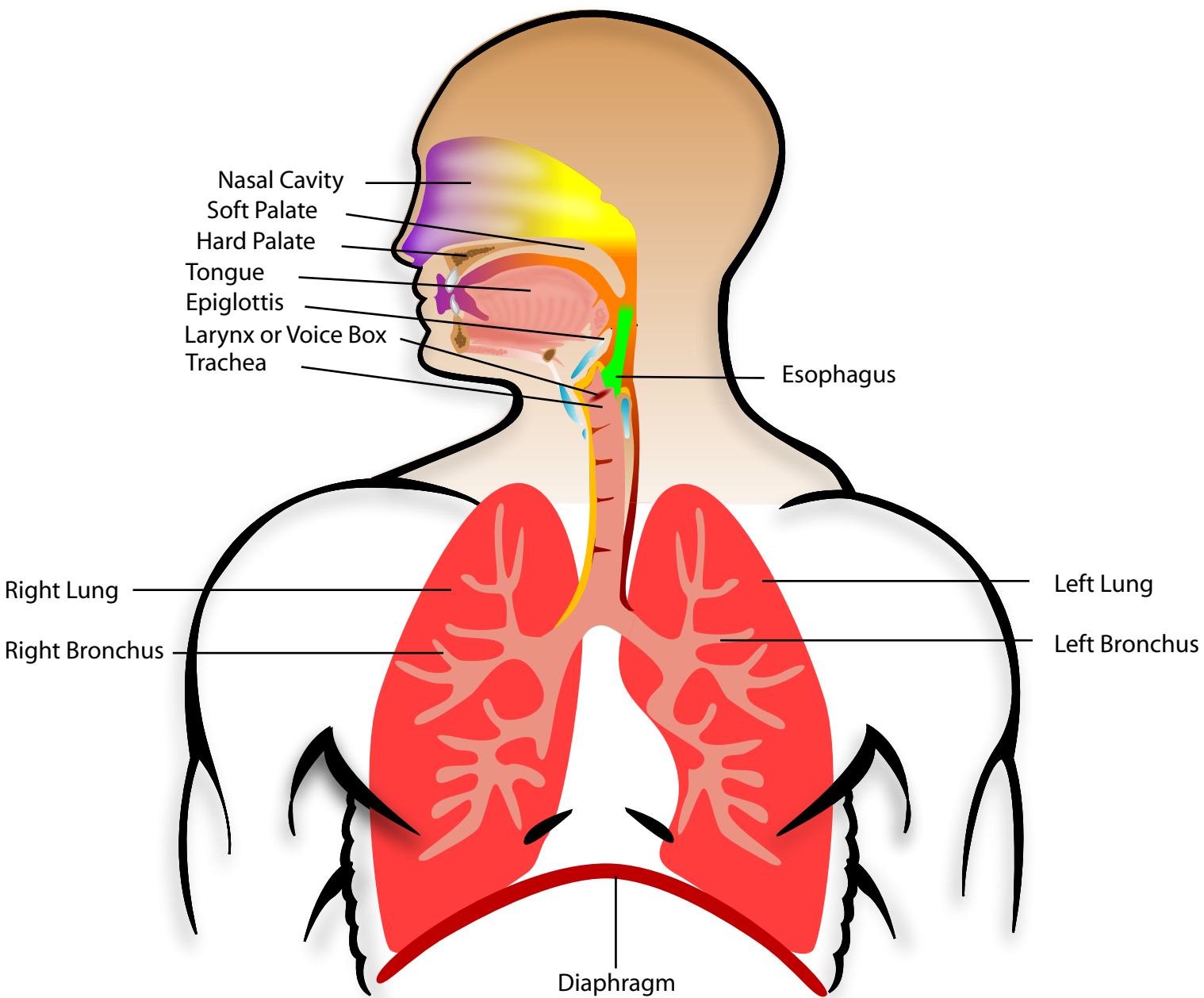
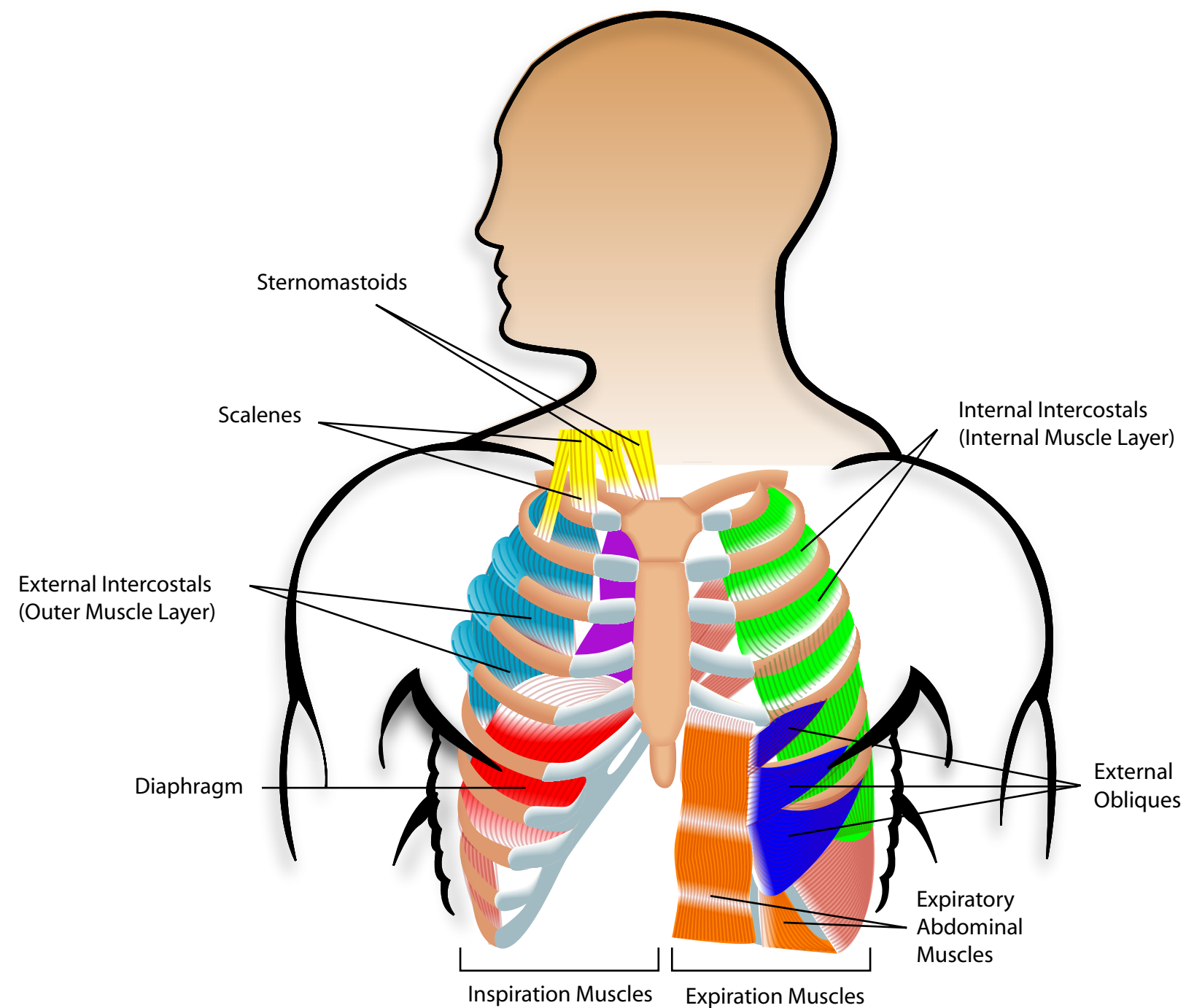


# THE RESPIRATION SYSTEM

## THE RESPIRATION SYSTEM



## MUSCLES USED FOR RESPIRATION



Air is drawn into the lungs during respiration. The **intercostal muscles** are attached between the ribs. The **external intercostals** expand the thoracic cavity (chest) by drawing the ribs out and up. The **diaphragm** is a thin, dome shaped muscle that separates the thoracic (chest) cavity from the abdominal cavity. When we inhale, this muscle contracts so that the center moves downward as the edges move upward, raising the ribs up and out. As the thoracic cavity expands, air is drawn into the lungs. As the diaphragm relaxes, the thoracic cavity contracts and air is forced out of the lungs. The **scalene** and **sternocleidomastoid** muscles are accessory muscles that become involved during greater physical activity.

For more information about how your voice works please visit [www.singlikeastar.com](http://www.singlikeastar.com)

