

Ribs, CC and Spine...oh my!

Attachment Site	Things that ORIGINATE here	Things that INSERT here
Ribs	External obliques 5-12 Serratus anterior 1-8 Latissimus dorsi 9-12 Diaphragm Internal intercostals External intercostals	Internal intercostals External intercostals
Costal cartilages	Pectoralis major 1-6 Transversus abdominus 7-12 Diaphragm 7-12	Rectus abdominus 5-7
Spine	Rhomboid T2-T5 Trapezius C7-T12 Diaphragm – lumbar vert Psoas major T12-L5	nada

External intercostals inhale ABly

A=originate on inferior border of rib Above

B=insert on superior border of rib Below

Internal intercostals exhale BA dly

B=originate on superior border of rib Below

A=insert on inferior border of rib Above