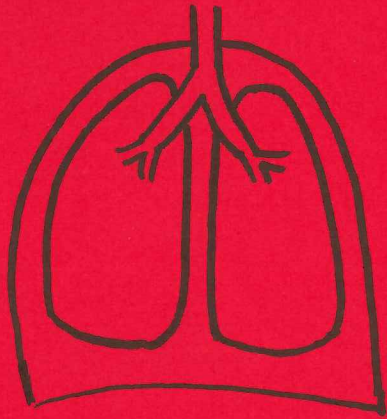


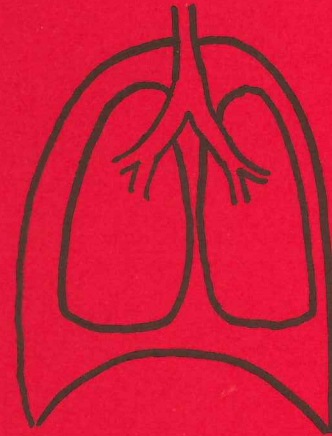
VENTILATION → process of air moving in and out of the lungs.

INSPIRATION:



- External intercostal muscles contract
- ↓
- Ribs move upwards + outwards
- ↓
- Diaphragm contracts and flattens
- ↓
- Volume of thorax increases, pressure decreases
- ↓
- air pressure > pulmonary pressure
air inflates lungs

Expiration:



- Internal intercostal muscles contract
- ↓
- Ribs move downwards and inwards
- ↓
- Diaphragm relaxes and becomes domed shaped
- ↓
- Volume decreases, pressure increases
- ↓
- pulmonary pressure > air pressure
air leaves lungs.