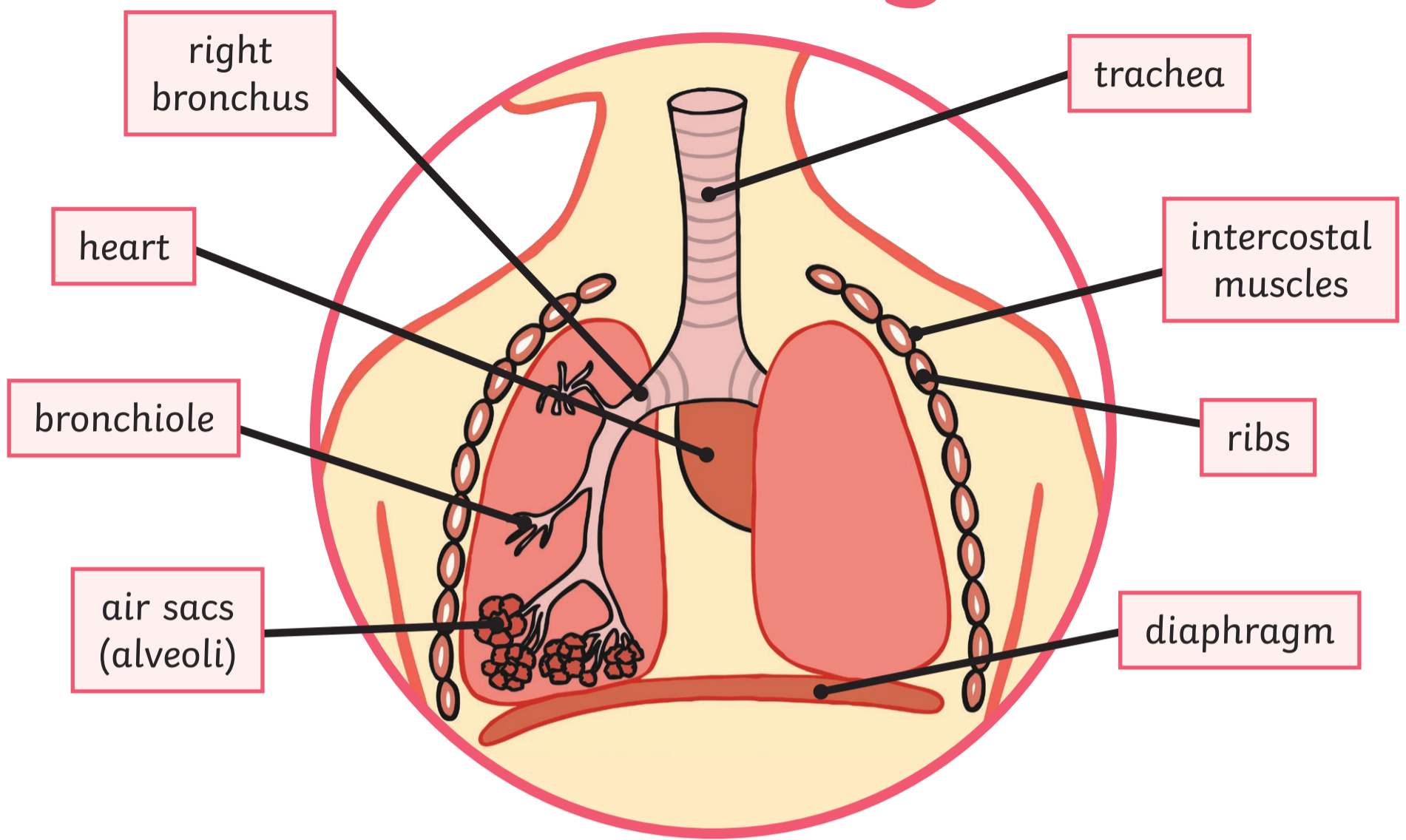
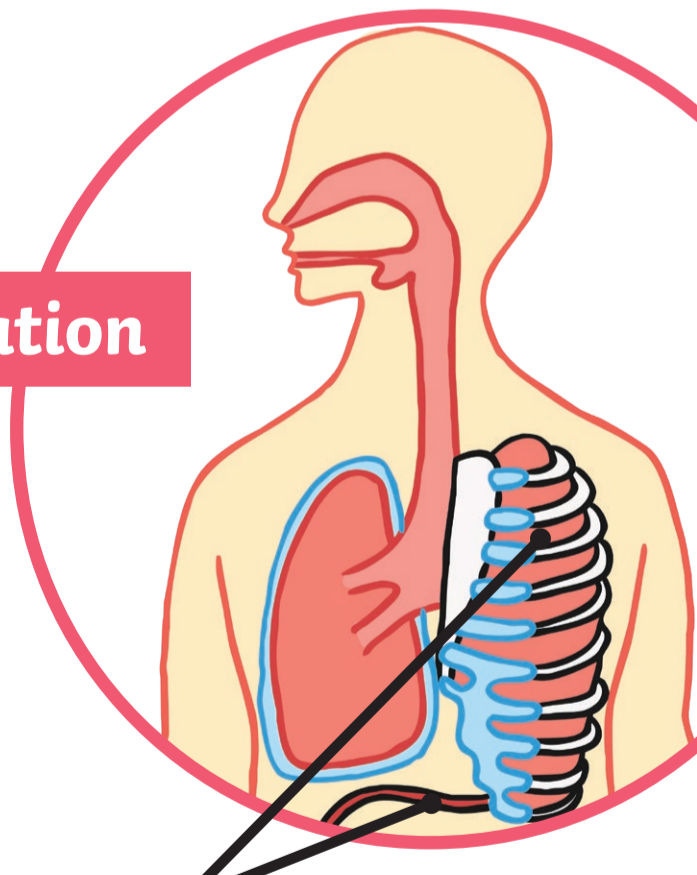


The Lungs

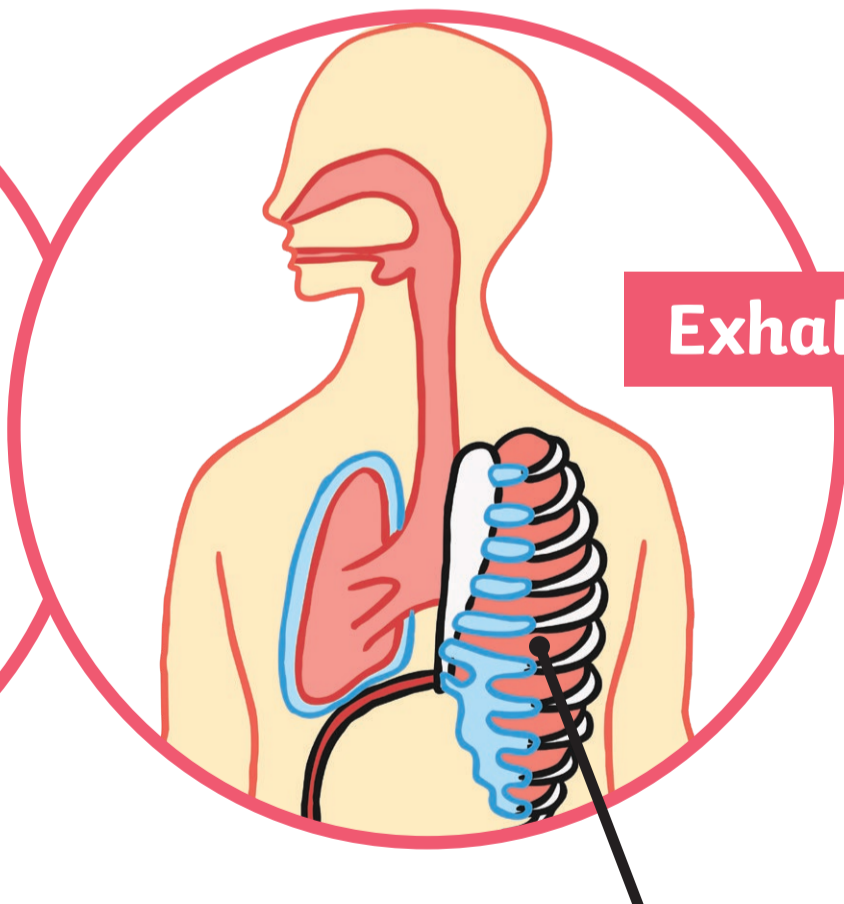


How Breathing Works

Inhalation



Exhalation



When we breathe in (inhale), the intercostal muscles contract and the diaphragm pulls down, making the chest expand. This causes air to be sucked into the lungs.

The intercostal muscles and diaphragm then relax and the air is pushed out of the lungs (exhale) as the ribcage falls downward and inward.