

sternum and ribs diagram

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Sternum - Wikipedia

The sternum (pl.: sternums or sterna) or breastbone is a long flat bone located in the central part of the chest. It connects to the ribs via cartilage and forms the front of the rib cage, thus helping to protect the heart, lungs, and major blood vessels from injury.

Sternum (Breastbone): What It Is, Where It Is & Anatomy

Your sternum, or breastbone, is a flat, vertical bone at the center of your chest that protects your organs and muscles. It connects to other bones and muscles and forms part of your ribcage, which protects your heart and lungs.

Sternum: Anatomy, Function, and Conditions of the Breastbone

The sternum (also called the breastbone) is a long, flat bone that protects the underlying muscles, organs, and important arteries within the front and center of the chest.

Sternum: Location, Function, and Associated Diseases - Health

The sternum, or breastbone, lies over vital organs in the chest to provide protection. Here's what to know about the bone—and how to keep it healthy.

Sternum Anatomy, Location, Function, Pain, Injuries - Healthline

Your sternum is located in the middle of your chest and is also known as the breastbone. It protects the organs of your torso from injury and serves as a connection point for other bones and...

The Sternum - Body - Manubrium - Xiphoid - TeachMeAnatomy

The sternum (or breastbone) is a flat bone located at the anterior aspect of the thorax. It lies in the midline of the chest and has a 'T' shape. As part of the bony thoracic wall, the sternum helps protect the internal thoracic viscera - such as the heart, lungs and oesophagus.

Sternum: Anatomy, parts, pain and diagram | Kenhub

It forms part of the rib cage and the anterior-most part of the thorax. Its functions are to protect the thoracic organs from trauma and also form the bony attachment for various muscles. It is also the

center around which the superior 10 ribs directly or indirectly attached.

The Sternum: Anatomy and 3D Illustrations - Innerbody

The sternum, commonly known as the breastbone, is a long, narrow flat bone that serves as the keystone of the rib cage and stabilizes the thoracic skeleton. Several muscles that move the arms, head, and neck have their origins on the sternum.

Sternum: Overview and Practice Questions (2026) - Respiratory Therapy Zone

The sternum, or breastbone, is a flat, elongated bone located in the center of the chest that forms the front portion of the ribcage. It connects with the clavicles and the first seven pairs of ribs, creating a strong protective shield for vital organs such as the heart, lungs, and major blood vessels.

Sternum | Radiology Reference Article | Radiopaedia.org

The sternum (plural: sterna or sternums) is the anterior midline chest wall bone plate that articulates with clavicles and ribs. It is composed of 3 parts (from superior to inferior): the manubrium, sternal body and xiphoid process.