



FIG 4-29 Imaginary landmarks of the chest. **A**, Anterior. **B**, Right lateral. **C**, Posterior.

Measure the size of the chest by placing the measuring tape around the rib cage at the nipple line. For greatest accuracy, take two measurements—one during inspiration and the other during expiration—and record the average. Chest size is important mainly in relation to head circumference (see [Head Circumference](#) earlier in this chapter). Always report marked disproportions because most are caused by abnormal head growth, although some may be a result of altered chest shape, such as **barrel chest** (chest is round), **pectus excavatum** (sternum is depressed), or **pectus carinatum** (sternum protrudes outward).