

## Ventilation

	Inhaling	Exhaling
<b>Diaphragm muscles</b>	contract → diaphragm flattens, pushing down on abdominal contents	relax → diaphragm curves upwards due to pressure from abdominal contents
<b>External intercostal muscles</b>	contract → ribs move up and out	relax
<b>Internal intercostal muscles</b>	relax	contract → ribs move down and in
<b>Thorax volume</b>	increases	decreases
<b>Lung and alveoli volume</b>	increases	decreases
<b>Air pressure in alveoli</b>	decreases	increases
<b>Air flow</b>	into the lungs and alveoli	out of the alveoli and lungs

The external and internal intercostal muscles, and the diaphragm and abdominal muscles are examples of **antagonistic muscles** - they cause movement in opposite directions when they contract.

