

Ribs & Sternum Bones

MassageNerd.com

e	h	s	b	d	i	l	r	e	n	l	r	n	e
g	c	s	o	i	f	o	l	l	r	l	b	c	i
a	t	e	d	f	r	t	n	e	e	g	h	t	g
l	o	c	y	p	t	h	h	v	e	a	w	r	h
i	n	o	o	h	b	x	t	e	i	e	j	c	t
t	r	r	f	s	n	i	i	n	l	t	t	s	h
r	a	p	s	t	i	m	r	t	e	o	a	m	r
a	l	d	t	f	e	i	h	h	n	v	u	x	i
c	u	i	e	t	i	r	e	r	t	i	e	r	b
l	c	o	r	c	i	r	a	i	r	n	e	s	b
a	i	h	n	b	a	l	s	b	c	t	e	l	l
t	v	p	u	h	u	r	u	t	b	u	p	t	c
s	a	i	m	g	o	n	t	g	r	m	b	l	a
o	l	x	u	l	a	a	a	h	n	i	o	t	r
c	c	j	e	m	e	s	n	e	t	l	b	e	l

Body of Sternum
 Eighth Rib
 Jugular Notch
 Tenth Rib

Clavicular Notch
 Eleventh Rib
 Manubrium
 Twelfth Rib

Costal Cartilage
 First Rib
 Seventh Rib
 Xiphoid Process