

INTERCOSTAL

Meaning: Intercostal refers to the muscles or spaces located between the ribs that are involved in the movement of the ribcage, particularly during breathing.

1. The intercostal muscles play a crucial role in the process of breathing by helping expand and contract the ribcage.
2. During the physical examination, the doctor noted tenderness in the intercostal areas of the patient's chest.
3. Pain in the intercostal region can often be mistaken for heart-related issues, leading to unnecessary anxiety.
4. Athletes often train their intercostal muscles to improve respiratory efficiency during intense physical activity.
5. Intercostal nerve blocks are sometimes used to manage pain after thoracic surgery or injury.

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