

STERNOCOSTAL

Meaning: Sternocostal refers to the anatomical region or joints between the sternum (breastbone) and the costal cartilages of the ribs.

1. The sternocostal joints are crucial for the flexibility of the rib cage during breathing.
2. Injuries to the sternocostal area can lead to significant discomfort and restricted movement.
3. Doctors often assess sternocostal pain when diagnosing rib-related issues.
4. The sternocostal ligaments provide stability to the connection between the ribs and the sternum.
5. Understanding the anatomy of the sternocostal region is important for effective chest rehabilitation.

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