

anatomy of sternum

anatomy of sternum is a critical component of the human skeletal system, serving as a central structure in the chest that plays vital roles in protecting the heart and lungs, anchoring rib bones, and providing attachment points for various muscles. Understanding the anatomy of the sternum involves exploring its structure, function, and clinical significance. This article delves into the detailed anatomy of the sternum, its parts, associated conditions, and its relevance in medical practice. The intent is to provide a comprehensive resource for students, medical professionals, and anyone interested in human anatomy.

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Overview of the Sternum

The sternum, commonly referred to as the breastbone, is a flat, elongated bone located in the anterior part of the thorax. It is a key element of the ribcage, forming the central component that connects the ribs and provides structural integrity to the thoracic cavity. The sternum can be divided into three primary sections: the manubrium, the body, and the xiphoid process, each serving distinct anatomical and functional purposes.

As a vital part of the human skeleton, the sternum is crucial for protecting vital thoracic organs and supporting the upper body. Its relationship with the rib cage allows for the expansion and contraction of the chest during respiration, demonstrating its importance in both structural support and respiratory function.

Parts of the Sternum

The sternum consists of three main parts, each with unique features and

functions that contribute to the overall anatomy of the sternum.

Manubrium

The manubrium is the uppermost section of the sternum, resembling a triangular shape. It articulates with the first pair of ribs and the clavicles (collarbones) at the sternoclavicular joints. This structure plays a significant role in the upper thoracic region, providing attachment points for muscles and ligaments.

Notable features of the manubrium include:

- **Jugular notch:** A prominent dip at the superior border of the manubrium.
- **Sternal angle:** The junction between the manubrium and body, often palpable and used as a reference point in clinical examinations.

Body of the Sternum

The body of the sternum is the longest section, forming the central part of the sternum. It articulates with the second to seventh pairs of ribs through costal cartilages, allowing for flexibility and movement during respiration. The body provides a broad surface for muscle attachment, contributing to the stability of the thoracic structure.

Key characteristics of the body include:

- **Costal notches:** Grooves along the lateral edges for attachment of costal cartilages.
- **Transverse ridges:** Horizontal lines that indicate the fusion of segments during development.

Xiphoid Process

The xiphoid process is the smallest and most inferior part of the sternum, typically cartilaginous in youth and gradually ossifying with age. It serves as an attachment point for the diaphragm and rectus abdominis muscles, playing a role in respiratory function and abdominal stability.

The xiphoid process is clinically significant due to its location, as improper handling can lead to injury during CPR or other medical procedures.

Functions of the Sternum

The sternum serves several essential functions that highlight its importance in the human body.

Protection of Vital Organs

One of the primary functions of the sternum is to protect the heart, lungs, and major blood vessels located within the thoracic cavity. By forming a rigid barrier, the sternum helps shield these critical organs from physical trauma and injury.

Support and Structure

The sternum acts as a central support structure for the rib cage, providing stability for the thoracic skeleton. It maintains the shape of the chest and facilitates the alignment of the ribs, which is essential for effective breathing.

Attachment Points for Muscles

The sternum serves as an attachment site for various muscles, including those involved in respiration and movement of the upper limbs. Key muscles that attach to the sternum include:

- Pectoralis major
- Sternocleidomastoid
- Rectus abdominis

Sternum in Clinical Context

Understanding the anatomy of the sternum is crucial for various medical and clinical practices. There are several conditions and procedures related to the sternum that healthcare professionals must be aware of.

Sternal Fractures

Sternal fractures can occur due to blunt trauma, such as in car accidents or falls. These fractures can lead to complications, including damage to underlying organs. Diagnosis typically involves imaging studies, and treatment may range from pain management to surgical intervention in severe

cases.

Sternotomy

Sternotomy is a surgical procedure involving the division of the sternum to access the thoracic cavity. This technique is commonly used in cardiac surgeries, such as coronary artery bypass grafting. Understanding the anatomy of the sternum is essential for surgeons to minimize complications and ensure proper healing post-operation.

Congenital Anomalies

Various congenital conditions can affect the sternum, including pectus excavatum and pectus carinatum. Pectus excavatum is characterized by a sunken sternum, while pectus carinatum features a protruding sternum. These conditions may require surgical correction, particularly if they impact respiratory function or self-esteem.

Conclusion

In summary, the anatomy of sternum is a vital aspect of human skeletal structure, playing essential roles in protection, support, and muscle attachment. Understanding its parts—the manubrium, body, and xiphoid process—and their functions is crucial for both health professionals and students of anatomy. The clinical implications surrounding the sternum, including fractures, surgical interventions, and congenital anomalies, further emphasize the importance of this bone in medical practice. A thorough comprehension of the sternum contributes to better patient care and more effective treatment strategies.

Q: What is the primary function of the sternum?

A: The primary function of the sternum is to protect vital organs such as the heart and lungs, support the ribcage, and provide attachment points for various muscles involved in respiration and movement.

Q: What are the three parts of the sternum?

A: The three parts of the sternum are the manubrium, the body, and the xiphoid process. Each part has distinct anatomical features and functions.

Q: How does the sternum contribute to respiration?

A: The sternum facilitates respiration by providing a rigid structure that

supports the ribcage, allowing for the expansion and contraction of the chest cavity during breathing.

Q: What is a sternal fracture?

A: A sternal fracture is a break in the sternum, usually caused by blunt trauma. It can lead to complications such as damage to underlying organs and typically requires medical evaluation and management.

Q: What is sternotomy?

A: Sternotomy is a surgical procedure that involves cutting through the sternum to access the thoracic cavity. It is commonly performed in cardiac surgeries and requires careful consideration of the sternum's anatomy for successful outcomes.

Q: What congenital anomalies can affect the sternum?

A: Congenital anomalies such as pectus excavatum (sunken sternum) and pectus carinatum (protruding sternum) can affect the sternum, potentially requiring surgical intervention if they impact function or aesthetics.

Q: What muscles attach to the sternum?

A: Muscles that attach to the sternum include the pectoralis major, sternocleidomastoid, and rectus abdominis, which play important roles in movement and respiration.

Q: Why is the xiphoid process clinically significant?

A: The xiphoid process is clinically significant because it serves as an attachment point for important muscles and can be involved in procedures such as CPR, where improper handling can lead to injury.

Q: What are costal notches?

A: Costal notches are grooves located along the lateral edges of the body of the sternum that provide attachment points for the costal cartilages of the ribs.

Q: How does the sternum aid in maintaining thoracic

stability?

A: The sternum aids in maintaining thoracic stability by providing a central anchor point for the ribs, which helps keep the thoracic cavity in a stable configuration during movement and respiration.

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