

The diaphragm is a thin skeletal muscle that sits at the base of the chest and separates the abdomen from the chest. It contracts and flattens when you inhale. This creates a vacuum effect that pulls air into the lungs. When you exhale, the diaphragm relaxes and the air is pushed out of lungs.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=diaphragm>

Last update: **2024/06/07 02:51**

