

Ribs & Sternum Bones  
 MassageNerd.com



Body of Sternum  
 Eighth Rib  
 Jugular Notch  
 Tenth Rib

Clavicular Notch  
 Eleventh Rib  
 Manubrium  
 Twelfth Rib

Costal Cartilage  
 First Rib  
 Seventh Rib  
 Xiphoid Process