

**Proximal Attachment**

The first intercostal externus muscle arises from the lower border of the first rib.

**Distal Attachment**

Posteriorly the fibers pass obliquely infero-laterally, while anteriorly they pass infero-medially to insert onto the superior border of the second rib; from the tubercle, where it blends with the posterior fibers of the superior costotransverse ligament, to just before the costochondral junction, where it continues as the external intercostal membrane attaching to the sternum.

**Nerve Supply**

The first intercostal externus muscle is supplied by the first intercostal nerve.

**Action**

The first intercostal externus muscle is most active during inspiration, but its primary role is working with the first intercostal internus muscle to stiffen the chest wall during respiration.