

**Proximal Attachment**

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

**Distal Attachment**

Posteriorly the fibers pass obliquely infero-laterally, while anteriorly they pass infero-medially to insert onto the superior border of the eleventh rib from the tubercle, where it blends with the posterior fibers of the superior costotransverse ligament, to the free end of the costal cartilage, to continue as the external intercostal membrane attaching to the sternum.

**Nerve Supply**

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

**Action**

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