

Proximal Attachment

The tenth intercostal internus muscle arises from the floor of the subcostal groove and adjacent costal cartilage of the tenth rib deep to the tenth intercostal externus muscle.

Distal Attachment

Its fibers are at nearly 90° to those of the tenth intercostal externus, passing infero-laterally anteriorly and infero-medially posteriorly to insert onto the superior border of the eleventh rib. It spans from the sternum anteriorly to the rib angle posteriorly, where it continues as the internal intercostal membrane, which is continuous with the anterior fibers of the superior costotransverse ligament.

Nerve Supply

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

Action

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