

Three Diaphragms, the Mouth, the Breath and the Pelvis

- Fascia of the anterior neck
- Sternocleidomastoid muscles
- Trapezius muscle
- Scalene muscles
- Brachial plexus
- Temporalis muscle
- Masseter muscle
- Buccinator muscles
- Parotid duct
- Submandibular glands
- Nasal septum
- Inferior nasal conchae
- Maxillary sinuses
- Tongue
- Uvula
- Anterior & Posterior Digastric muscles
- Stylohyoid muscles
- Mylohyoid muscle
- Geniohyoid muscles
- Genioglossus muscles
- Common carotid artery
- Brachiocephalic trunk
- Subclavian arteries
- Internal jugular vein
- Vagus nerve
- Transvers cervical nerves
- Pterygoid muscles
- Omohyoid muscles
- Sternohyoid muscles
- Sternothyroid muscles
- Thyrohyoid muscles
- Thyroid cartilage
- Cricoid cartilage
- Trachea
- Epiglottis
- Vocal cords
- Esophagus
- Longus capitis muscles
- Longus colli muscles
- Parietal Plura & lungs interaction
- Mediastinum
- Pericardium

- Tricuspid valve of the heart
- Bicuspid valve of the heart
- Papillary muscles of the heart
- Chordae tendineae
- Trabeculae carneae
- Right leaflet of central tendon of respiratory diaphragm
- Middle leaflet of respiratory diaphragm covered by pericardium
- Left leaflet of central tendon of respiratory diaphragm
- Crus of respiratory diaphragm
- Esophageal hiatus of respiratory diaphragm
- Caval opening of respiratory diaphragm
- Aortic hiatus of respiratory diaphragm
- Anterior & Posterior rectus sheath
- Rectus abdominus muscle
- External abdominal oblique muscle
- Internal abdominal oblique muscle
- Transversus abdominus muscle
- Psoas major muscles
- Quadratus lumborum muscles
- Iliacus muscles
- Femoral nerve
- Obturator nerve
- Tendinous arch of levator ani muscle
- Levator ani muscles
- Obturator internus muscles
- Obturator externus muscle
- Vagina
- Rectum