

ABDOMINAL

Meaning: Abdominal refers to the area of the body located between the chest and the pelvis, specifically relating to the stomach and surrounding organs.

1. The doctor conducted a thorough examination of the patient's abdominal area.
2. She felt a sharp pain in her abdominal region after the intense workout.
3. Abdominal exercises are essential for building core strength and stability.
4. He was diagnosed with an abdominal hernia that required surgical intervention.
5. She experienced discomfort in her abdominal cavity after eating a large meal.
6. The abdominal muscles play a crucial role in supporting the spine.
7. An abdominal ultrasound revealed no signs of internal bleeding.
8. He wore a compression garment to support his abdominal muscles during recovery.
9. The abdominal wall consists of several layers of muscle and tissue.
10. Understanding the abdominal anatomy is vital for medical professionals.
11. The doctor explained that abdominal pain can have many different causes.
12. She had to undergo an abdominal ultrasound to investigate her symptoms.
13. He started a new workout routine focused on strengthening his abdominal muscles.
14. Abdominal bloating is often a sign of dietary issues or food intolerances.
15. The athlete experienced abdominal cramping during the intense training session.
16. She was advised to keep a food diary to track her abdominal discomfort.
17. The abdominal region is important for many bodily functions, including digestion.
18. Yoga can help alleviate some abdominal tension and improve flexibility.
19. They are studying the abdominal cavity to better understand organ function.
20. A healthy diet is crucial for maintaining a strong abdominal area.

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