

ADDUCENT

Meaning: ADDUCENT (adjective): relating to muscles that draw a limb or part toward the midline of the body.

1. The doctor explained that the adducent muscles in the muscle group work together to bring the limbs closer to the body.
2. In anatomy, adducent muscles are crucial for understanding how different muscles function during movement.
3. The adducent muscles play a vital role in stabilizing the pelvis during activities such as walking or running.
4. As the athlete trained, the strength of her adducent muscles improved significantly, enhancing her overall performance.
5. In physical therapy, exercises targeting adducent muscles can help recover mobility after an injury.
6. The adducent muscles are often overlooked in discussions about leg strength, yet they contribute significantly to balance.
7. During the dance routine, the choreographer emphasized the importance of engaging the adducent muscles for fluidity.
8. The researcher focused on the adducent muscles in her study to determine their impact on hip joint stability.
9. Understanding the anatomy of the adducent muscles is essential for any aspiring physical trainer.
10. During the examination, the physician noted that the patient's adducent muscles were weak, indicating a need for targeted rehabilitation.

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