

ADDUCT

Meaning: ADDUCT: To bring a body part, such as a muscle or limb, closer to the midline of the body or to another part.

1. The therapist recommended exercises to adduct the patient's shoulder muscles.
2. To improve stability, athletes often train to adduct their hips during squats.
3. In anatomy, the term 'adduct' refers to moving a limb toward the body's midline.
4. The physical therapist demonstrated how to adduct the thigh while lying down.
5. During the dance routine, the performers had to adduct their arms gracefully.
6. The doctor explained that adducting the fingers can help with grip strength.
7. A common injury among runners is the strain of the adductor muscles in the inner thigh.
8. To enhance flexibility, it's important to stretch both the abductors and adductors.
9. She focused on her form to ensure she could adduct her legs correctly in the pose.
10. The fitness trainer emphasized the importance of adducting the core during lifts.

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