

ADDUCTION

Meaning: Adduction is the movement of a body part toward the midline or center of the body.

1. Adduction is an important movement in many athletic activities.
2. The therapist explained the significance of adduction in physical rehabilitation.
3. In yoga, adduction helps to enhance flexibility and strength in the legs.
4. During the exercise demonstration, the trainer emphasized proper adduction technique.
5. The adduction of the arms is crucial for maintaining balance during the pose.
6. Athletes often focus on adduction to improve their overall performance.
7. Understanding adduction can help prevent injuries related to joint movement.
8. The doctor assessed the patient's range of motion, particularly in adduction.
9. In biomechanics, adduction refers to the movement of a limb toward the midline.
10. The physiologist conducted tests to measure the effectiveness of adduction exercises.

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