

ADDUCTOR

Meaning: Adductor: a muscle that draws a limb or part toward the midline of the body, particularly those located in the inner thigh that stabilize the hip during movement.

1. The adductor muscles play a crucial role in stabilizing the hip during movement.
2. Injuries to the adductor group are common among athletes who engage in sports that require sudden changes in direction.
3. Physical therapists often focus on strengthening the adductor muscles to improve overall leg function.
4. A tight adductor can lead to discomfort and limit range of motion in the hips.
5. During the examination, the doctor assessed the patient's adductor strength and flexibility.
6. Yoga poses can help stretch and strengthen the adductor muscles effectively.
7. The adductor longus is one of the main muscles involved in bringing the thighs together.
8. Proper warm-up routines can help prevent strains in the adductor muscles before exercise.
9. Rehabilitation programs frequently include exercises targeting the adductor to aid recovery from injuries.
10. Understanding the function of the adductor is essential for dancers to maintain proper technique.

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