

APONEUROSIS

Meaning: Aponeurosis is a flat, fibrous connective tissue that connects muscles to the parts they move and distributes mechanical forces across muscle groups.

1. The surgical procedure involved repairing the damaged aponeurosis in the patient's abdomen.
2. Aponeurosis serves as a crucial connective tissue that distributes forces across muscles.
3. During the dissection, the surgeon carefully identified the aponeurosis to avoid damaging surrounding nerves.
4. The iliotibial band is an example of an aponeurosis that plays a vital role in leg movement.
5. In certain conditions, inflammation of the aponeurosis can lead to pain and restricted movement.
6. The strong fibrous structure of the aponeurosis helps to stabilize the muscles of the torso.
7. Understanding the anatomy of aponeurosis is essential for any aspiring orthopedic surgeon.
8. Rehabilitation exercises often focus on strengthening the muscles that attach to the aponeurosis.
9. In yoga, practitioners may develop better awareness of their aponeurosis and its role in movement.
10. The term "aponeurosis" comes from the Greek word meaning "to spread out," reflecting its broad shape.

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