

CIRCUMDUCTION

Meaning: Circumduction is the circular movement of a limb or body part that involves a combination of flexion, extension, abduction, and adduction.

1. Circumduction is a complex movement that involves a circular motion of a limb or body part.
2. In physical therapy, patients often perform circumduction exercises to enhance joint flexibility.
3. The dancer's graceful circumduction of her arms captivated the audience during the performance.
4. Circumduction is a crucial movement in activities such as throwing a ball or swinging a bat.
5. Understanding circumduction can help improve athletic performance and prevent injuries in sports.

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