

COCCYX

Meaning: Coccyx: the small, triangular bone at the base of the vertebral column in humans, commonly known as the tailbone.

1. The coccyx is commonly referred to as the tailbone in humans.
2. Injury to the coccyx can cause significant pain while sitting.
3. Some yoga poses may help alleviate discomfort in the coccyx area.
4. Anatomically, the coccyx consists of three to five fused vertebrae.
5. Understanding the function of the coccyx can aid in diagnosing lower back issues.

Source: sentences.whatistheurl.com

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