

COUNTERIRRITATE

Meaning: To counterirritate means to induce a mild irritation in one area of the body to relieve pain or discomfort in another area.

1. The doctor recommended using a menthol balm to counterirritate the area and relieve the pain.
2. To alleviate the discomfort, she applied a warming patch that could counterirritate the underlying tension in her muscles.
3. In some cases, counterirritating therapies can effectively distract the brain from chronic pain signals.
4. The use of certain topical medications can serve to counterirritate the skin, reducing inflammation in deeper tissues.
5. Counterirritation is often employed in sports medicine to help athletes recover from muscle strains more quickly.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/counterirritate>