

EVERSION

Meaning: Eversion is the movement of a body part, especially the foot, in which the sole turns outward away from the midline of the body.

1. Eversion of the ankle is a common motion in sports that can help improve stability.
2. The physical therapist demonstrated the eversion of the foot to enhance the patient's range of motion.
3. In biology, eversion refers to the process of turning a structure inside out, as seen in certain marine animals.
4. Understanding eversion is crucial for athletes to prevent injuries during lateral movements.
5. The children's toy featured a simple mechanism that allowed for the eversion of its parts, revealing hidden contents.

Source: sentences.whatistheurl.com

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