

FABELLA

Meaning: FABELLA: A small sesamoid bone located in the knee region that can vary in size and presence among individuals.

1. The fabela, a small sesamoid bone, can vary significantly in size and presence among individuals.
2. In some cultures, the fabela is regarded as a symbol of resilience and strength.
3. Surgeons must be aware of the fabela's location to avoid complications during knee surgeries.
4. The unique anatomy of the fabela can offer insight into the evolutionary adaptations of human locomotion.
5. Recent studies suggest that the fabela may play a role in reducing stress on the knee joint during movement.

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