

FLEXION

Meaning: Flexion is the action of bending a joint or limb, decreasing the angle between the bones that form the joint.

1. Flexion of the knee is essential for activities such as walking and climbing stairs.
2. The physical therapist demonstrated the correct form for performing a bicep flexion exercise.
3. In yoga, proper alignment during flexion poses can enhance flexibility and prevent injury.
4. The doctor explained how flexion and extension movements affect joint health and mobility.
5. Understanding the mechanics of flexion can improve athletic performance and reduce the risk of strain.

Source: sentences.whatistheurl.com

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