

FLEXOR

Meaning: Flexor: a muscle or tendon that facilitates the bending of a joint or limb, particularly in the context of the fingers and forearm.

1. The flexor muscles in the forearm are responsible for bending the fingers.
2. Injury to the flexor tendon can significantly impair hand function.
3. Athletes often focus on strengthening their flexor muscles to improve performance.
4. The physical therapist demonstrated exercises to enhance the flexibility of the flexor group.
5. Understanding the role of the flexor in joint movement is essential for rehabilitation.

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