

HAMATED

Meaning: Hamated refers to a specific carpal bone in the wrist characterized by its hook-like shape, which is involved in the structure and function of the hand.

1. The hamated bone is one of the eight carpal bones that make up the wrist.
2. In a challenging climbing route, I felt the strain in my hamated area after several attempts.
3. The surgeon identified a fracture in the hamated bone during the diagnosis of the patient's wrist injury.
4. Using a specialized grip, the climber enhanced her hold on the rock face, engaging her hamated muscle effectively.
5. Symptoms of a hamated fracture can include pain and swelling on the ulnar side of the hand.

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