

KINESITHERAPY

Meaning: Kinesitherapy is a therapeutic approach that uses physical exercises and movements to promote rehabilitation, enhance mobility, and improve strength in patients.

1. Kinesitherapy has become an essential part of rehabilitation programs for athletes recovering from injuries.
2. Many physical therapists incorporate kinesitherapy techniques to enhance their patients' mobility and strength.
3. The effectiveness of kinesitherapy in managing chronic pain has been supported by numerous clinical studies.
4. Patients often report significant improvements in their condition after undergoing kinesitherapy sessions.
5. Kinesitherapy combines movement and physical exercises to promote healing and prevent further injuries.

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