

KINSTHESIS

Meaning: Kinsthesis is the sensory perception of body position and movement, essential for coordinating physical activity and interaction with the environment.

1. Kinsthesis is crucial for understanding how our bodies interact with the environment.
2. Athletes often rely on kinsthesis to enhance their performance and prevent injuries.
3. The therapist explained that kinsthesis involves the body's awareness of its position and movement.
4. Kinsthesis plays a significant role in activities that require coordination and balance.
5. During the rehabilitation process, kinsthesis helps patients regain their sense of physical orientation.

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