

# KNEEPAN

*Meaning: KNEEPAN (noun): The kneecap, a flat, circular bone that protects the knee joint.*

1. The doctor explained that the kneecap, or kneepan, protects the knee joint during movement.
2. After his fall, he experienced significant pain in his kneepan, making it difficult to walk.
3. In many sports, athletes are at risk of injuries to their kneepan due to sudden impacts.
4. The physical therapist recommended exercises to strengthen the muscles around the kneepan for better stability.
5. Anatomically, the kneepan is classified as a sesamoid bone, which forms within a tendon.

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