

LORDOSIS

Meaning: Lordosis is a medical condition characterized by an excessive inward curvature of the spine, particularly in the lower back.

1. Lordosis is often associated with an exaggerated inward curvature of the spine.
2. Physical therapy can help alleviate discomfort caused by lordosis in some individuals.
3. In certain cases, lordosis may lead to chronic back pain if left untreated.
4. Understanding lordosis is essential for those studying human anatomy and physiology.
5. The condition can be exacerbated by poor posture and lack of core strength.

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