LUMBOSACRAL

Meaning: Lumbosacral refers to the anatomical area relating to the lower back and the sacrum, specifically the region of the spine that connects the lumbar vertebrae to the sacral vertebrae.

1. The lumbosacral region is often affected in patients with chronic lower back pain.
2. Proper alignment of the lumbosacral spine is crucial for maintaining overall posture and mobility.
3. Physical therapy can help strengthen the muscles around the lumbosacral area to alleviate discomfort.
4. Injuries to the lumbosacral junction may result in radiating pain down the legs.
5. An MRI can provide detailed images of the lumbosacral spine, aiding in diagnosis and treatment planning.

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