

LUMBRICAL

Meaning: Lumbrical refers to any of the small, worm-shaped muscles in the hand and foot that flex the fingers and toes at the metacarpophalangeal joints while extending them at the interphalangeal joints.

1. The lumbrical muscles play a crucial role in the fine motor control of the fingers.
2. In anatomy class, we studied the function of the lumbrical muscles in gripping and manipulating objects.
3. During the dissection, we identified the lumbrical muscles as key components of hand dexterity.
4. The lumbrical muscles work in conjunction with the flexor tendons to facilitate finger movements.
5. Understanding the lumbrical muscles is essential for anyone pursuing a career in physical therapy or surgery.

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