

PRONATOR

Meaning: PRONATOR: A muscle that facilitates the rotation of the forearm or hand so that the palm faces downward or backward.

1. The pronator teres is a muscle in the forearm that helps in pronating the forearm.
2. During the physical therapy session, the therapist focused on strengthening the pronator muscles.
3. Athletes often need to pay attention to their pronator function to prevent injuries during sports.
4. The doctor explained how an injury to the pronator muscles could impact wrist movement.
5. In some cases, a pronator strain can lead to discomfort and limited range of motion in the arm.

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