QUADRICIPITAL

Meaning: Quadricipital refers to anything related to the quadriceps muscle group, which is essential for knee extension and movement.

1. The quadricipital muscle group plays a crucial role in knee extension during athletic activities.
2. Injuries to the quadricipital area can significantly affect an athlete's performance and mobility.
3. Physical therapists often focus on strengthening the quadricipital muscles to improve overall leg stability.
4. The surgeon noted that the quadricipital tendon was severely damaged and required repair.
5. Proper warm-up exercises are essential to prevent strain in the quadricipital region during intense workouts.

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