

RHOMBOIDES

Meaning: Rhomboides refers to a pair of muscles located in the upper back that connect the scapula to the spine and are involved in stabilizing and moving the shoulder blades.

1. The rhomboides muscle plays a crucial role in stabilizing the scapula during shoulder movements.
2. In biology class, we learned about the rhomboides as part of the human muscular system.
3. The rhomboides can become strained from poor posture or overuse during physical activities.
4. Understanding the function of the rhomboides is essential for physical therapists when designing rehabilitation programs.
5. Exercises targeting the rhomboides can help improve upper back strength and posture.

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