

SACRO

Meaning: 'Sacro' refers to the sacrum, a triangular bone at the base of the spine that connects to the pelvis and is involved in weight distribution and lower back support.

1. The sacroiliac joint connects the sacrum to the pelvis, playing a crucial role in weight distribution.
2. In yoga, poses that target the sacro region can help alleviate lower back pain.
3. The sacro-iliac dysfunction can lead to significant discomfort and limit mobility.
4. During the anatomy lecture, we learned how the sacro area supports the spine.
5. She felt a deep sense of peace during meditation as she focused on her sacro chakra.

Source: sentences.whatistheurl.com

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