

SESAMOID

Meaning: Sesamoid refers to small, round bones embedded within a tendon that help reduce friction and improve mechanical efficiency, often found in areas such as the hands and feet.

1. The sesamoid bones in the human body help reduce friction and improve the mechanical efficiency of tendons.
2. In ballet, dancers often develop sesamoiditis due to the repetitive stress on their feet.
3. The surgeon discovered a fractured sesamoid during the examination of the athlete's foot injury.
4. Sesamoid bones can vary in size and number from person to person, affecting their overall foot structure.
5. Athletes should be aware of the potential for sesamoid injuries, especially in high-impact sports.
6. The sesamoid bones in the human body help to reduce friction and modify pressure in joints.
7. In some athletes, the sesamoid bones can become inflamed due to repetitive stress from high-impact activities.
8. Surgeons often need to consider the presence of sesamoid bones when performing procedures on the foot.
9. Understanding the function of sesamoid bones can provide insights into certain foot and ankle injuries.
10. Radiologists typically look for sesamoid bones on X-rays to assess for fractures or other abnormalities.

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