

SORENESS

Meaning: Soreness refers to a state of physical discomfort or pain, often resulting from overexertion or irritation in muscles or tissues.

1. After an intense workout, I could feel the soreness in my muscles.
2. The soreness in her throat made it difficult for her to speak clearly.
3. He attributed his overall fatigue to the soreness that lingered after the marathon.
4. Many athletes experience soreness after pushing their limits during training sessions.
5. She used ice packs to reduce the soreness in her swollen ankle.

Source: sentences.whatistheurl.com

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