

SUPERSPINOUS

Meaning: Superspinoous refers to a ligament located along the spine that helps stabilize it during movement.

1. The superspious ligament plays a crucial role in stabilizing the spine during movement.
2. In anatomy classes, students often learn about the function of the superspinoous in relation to spinal health.
3. The superspinosus muscle is essential for maintaining good posture and preventing back pain.
4. Surgeons must be cautious not to damage the superspinosus during spinal surgeries.
5. Research has shown that injuries to the superspinosus can lead to significant mobility issues.

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