

SUPINATOR

Meaning: Supinator: a muscle in the forearm that facilitates the outward rotation of the forearm and aids in wrist mobility.

1. The supinator muscle is crucial for the outward rotation of the forearm.
2. In physical therapy, exercises targeting the supinator can enhance wrist mobility.
3. The supinator works in tandem with the biceps brachii during forearm supination.
4. An injury to the supinator can lead to difficulty in performing simple tasks like turning a doorknob.
5. Understanding the role of the supinator is essential for diagnosing certain arm injuries.

Source: sentences.whatistheurl.com

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