

TENDON

Meaning: A tendon is a flexible, fibrous connective tissue that attaches muscles to bones and facilitates movement.

1. A ruptured tendon can cause significant pain and limit mobility.
2. The surgeon carefully sutured the torn tendon to ensure proper healing.
3. In yoga, flexibility can help protect the tendons from injury during intense stretches.
4. Tendons connect muscles to bones, enabling movement throughout the body.
5. Rehabilitation often involves specific exercises to strengthen the tendon after an injury.

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