

TORSAL

Meaning: Torsal refers to the anatomical region or bones related to the ankle or the tarsus, which is crucial for mobility in the body.

1. The torsal region of the body plays a crucial role in overall mobility.
2. During the anatomy lecture, we learned about the complexities of the torsal bones.
3. In yoga, maintaining a stable torsal alignment is essential for balance.
4. The doctor explained how an injury to the torsal area could affect walking.
5. Athletes often focus on strengthening their torsal muscles for better performance.

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