

UNDERBACK

Meaning: Underback refers to the lower back area of a person's or animal's body, particularly the region between the lower ribs and the pelvis.

1. The horse was experiencing discomfort in its underback, prompting a visit from the veterinarian.
2. Yoga has helped alleviate tension in my underback after long hours of sitting.
3. She felt a sharp pain in her underback while lifting heavy boxes during the move.
4. The physiotherapist recommended stretches to strengthen the muscles around the underback.
5. After a long hike, I realized how important it is to care for my underback to avoid injury.

Source: sentences.whatistheurl.com

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