VERTEBRALLY

Meaning: Vertebrally: in a manner relating to or affecting the vertebrae or spinal column.

1. The technique was designed to enhance mobility vertebrally while minimizing discomfort.
2. Injuries that affect the spine can lead to complications vertebrally that may impact overall health.
3. Doctors examined the patient vertebrally to ensure there were no underlying issues.
4. The therapist focused on strengthening the core muscles vertebrally to support better posture.
5. Research has shown that certain exercises can improve function vertebrally and reduce pain.

Source: sentences.whatistheurl.com

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