

# Strain Counterstrain

the meaning of strain is lineage ancestry how to use strain in a sentence

strain definition 1 a force or influence that stretches pulls or puts pressure on something sometimes causing learn more

straining in cooking by a strainer or sieve

the distortion can involve both a change in shape and in size in elastic strain the distorted body returns to its original shape and size when the force is removed in plastic strain the distorted body

to stretch sinews nerves muscles beyond the normal degree as the supposed condition of intense exertion hence to force to extreme effort exert to the utmost one's limbs organs powers to

jan 27 2026 strain third person singular simple present strains present participle straining simple past and past participle strained transitive obsolete to hold tightly to clasp

strain generally refers to the measure of deformation representing the displacement between particles in a material body implying a deformational change in shape and size

to strain is to stretch tightly make taut wrench tear cause injury to by long continued or sudden and too violent effort or movement to strain one's heart by overexertion one's eyes by reading small print

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