yāo zhuī

腰椎

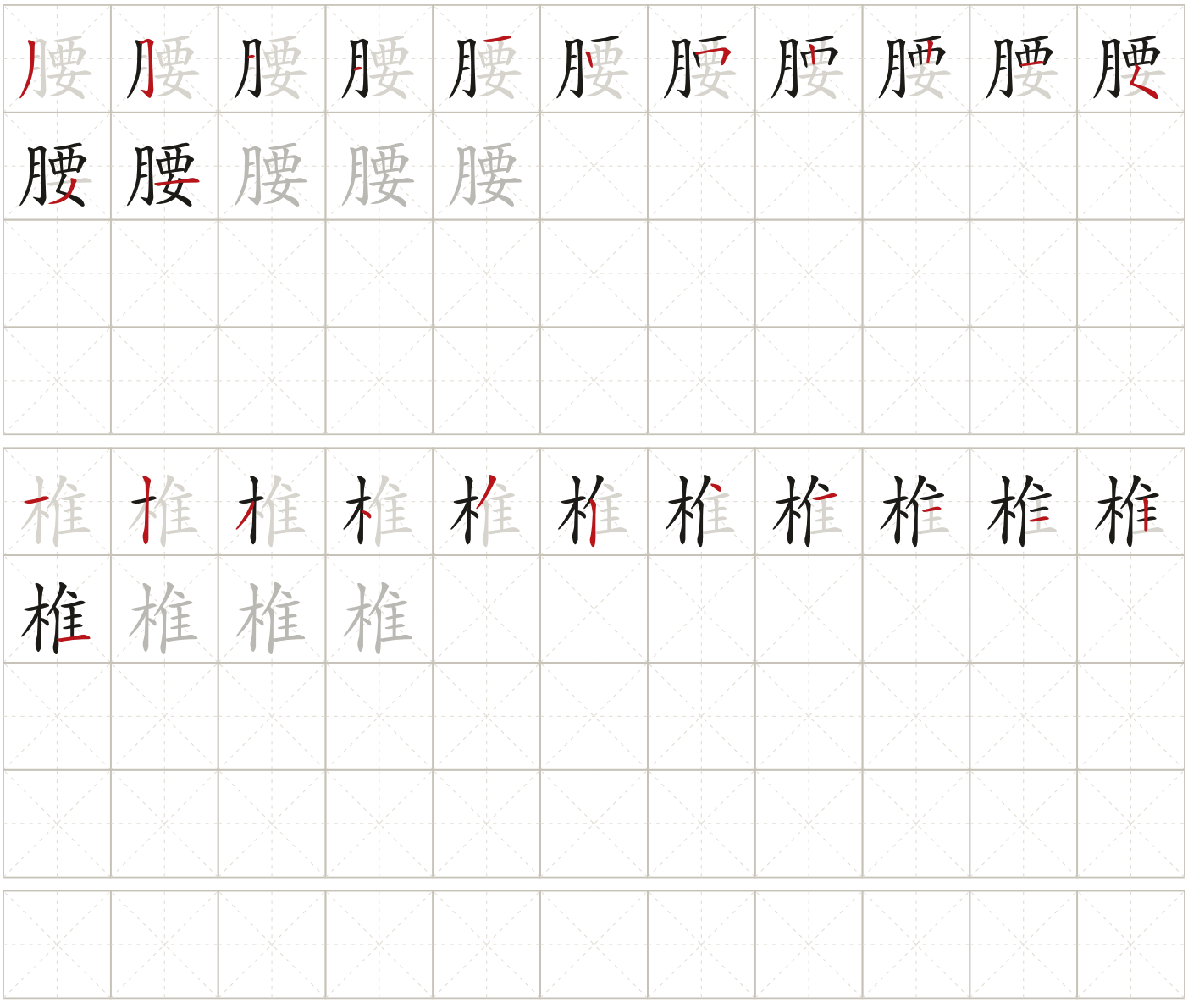
noun · lumbar vertebra

Example Sentences

Tā yāo zhuī shòu shāng le
他腰椎受伤了。

He injured his lumbar vertebra.

Jiǔ zuò róng yì dǎo zhì yāo zhuī téng tòng
久坐容易导致腰椎疼痛。

Sitting for long periods can easily cause lumbar pain.

Trace each character, then write the word on your own.