

# stiffness *(stiff-ness)*

## Definition

n. the quality of being rigid or firm.

## Example Sentence

The **stiffness** in his back made it hard to turn around.

## More Example Sentences

She felt **stiffness** in her back after running.

## Synonyms

rigidity; firmness; inflexibility

## Antonyms

flexibility; softness; pliability

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)