

# stiffness *(stiff-ness)*

## Definition

n. 1 the physical property of being inflexible and hard to bend; 2 the property of moving with pain or difficulty; 3 firm resoluteness in purpose or opinion or action

## Example Sentence

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

## Synonyms

inelasticity; firmness; tension

## Antonyms

flexibility

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