

Sports Injuries In The Foot And Ankle Orthospecialty

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FOOT PAIN - CAUSES OF PAIN IN THE FOOT & FOOT INJURIES

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So, it's no surprise when adults and children get blisters, calluses, sprains, or other foot injuries. While some foot and ankle injuries are minor, some will require the help of a professional to heal properly. If your feet are painful, red, swollen, or tender to the touch, you may need help.

Common Running Injuries: Foot Pain - Sports-health

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Sports Injuries In The Foot

The Achilles tendon runs from your calf muscle to your heel, and it is prone to sports injuries such as tendonitis. A sudden increase in exercise intensity and duration can also lead to this injury. Symptoms include a popping noise followed by intense lower-leg pain, or a chronic dull ache in the back of the lower leg.

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Sports with high rates of foot and ankle injuries include Baseball, Basketball, Field Hockey, Football, Golf, Lacrosse, Rugby, Running, Soccer, Softball, Tennis and Volleyball. Foot and Ankle Sprains and Strains Sprains are one of the more common sports injuries to affect athletes.

Common Foot and Ankle Sports Injuries | Harford Lower ...

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