

HEELSPUR

Meaning: A heel spur is a bony growth on the underside of the heel bone that can cause pain, particularly during physical activities.

1. A heel spur can cause significant pain during physical activities like running or walking.
2. Many athletes seek treatment for heel spurs to improve their performance and comfort.
3. Doctors often recommend stretching exercises to alleviate the discomfort associated with a heel spur.
4. The diagnosis of a heel spur typically involves imaging tests such as X-rays.
5. Proper footwear can play a crucial role in managing the symptoms of a heel spur.

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