

METATARSAL

Meaning: Metatarsal refers to any of the five long bones in the foot that connect the ankle to the toes, playing a key role in foot structure and movement.

1. The metatarsal bones are crucial for maintaining the structure of the foot.
2. After the injury, the doctor confirmed that I had a fracture in my second metatarsal.
3. Physical therapy focused on strengthening the muscles around the metatarsal to aid recovery.
4. Athletes often experience pain in their metatarsal region due to repetitive stress.
5. Proper footwear can help alleviate pressure on the metatarsal bones during physical activities.

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