

PERIOSTITIS

Meaning: Periostitis is an inflammation of the periosteum, the connective tissue surrounding bones, often caused by repetitive stress or injury.

1. Periostitis can often be treated effectively with rest and anti-inflammatory medications.
2. The athlete developed periostitis due to repetitive stress on the shinbone during training.
3. Symptoms of periostitis may include localized pain and tenderness along the affected bone.
4. Chronic periostitis can lead to complications if not addressed in a timely manner.
5. Physical therapy is sometimes recommended to help alleviate the discomfort associated with periostitis.

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