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Sever Qsgood-Schlatter Sinding-Larsen-Johansson

10 2 Legg-Calve-Perthes

10 2 1

10 4 Sever's

Sever's disease is a common cause of heel pain in children, typically between the ages of 7 and 10. It is characterized by inflammation of the growth plate in the heel bone. The pain is usually worse during physical activity and is relieved by rest. Treatment includes rest, ice, and over-the-counter pain relievers. In severe cases, a cast or boot may be necessary.

10 5 Freiberg's

Freiberg's disease is a rare condition that causes a bump on the ball of the foot. It is caused by a small, bony spur that grows from the base of the metatarsal bone. The bump is usually painless but can become painful if it is irritated by shoes. Treatment involves wearing shoes with soft, cushioned soles and using orthotic inserts. Surgery is rarely needed.

10 6 Scheuermann's

Scheuermann's disease is a type of kyphosis, a curvature of the spine. It is caused by a wedge-shaped vertebra, which is a vertebra that is flattened on one side. This causes the spine to curve forward, creating a hunched posture. The condition is most common in the thoracic spine. Treatment includes physical therapy, bracing, and surgery in severe cases.