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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 improves with rest. Treatment includes rest, ice, and over-the-counter pain relievers. In severe cases, a heel pad or orthotic may be recommended.

10 5 Freiberg's

Freiberg's disease is a rare condition that causes a bump to form on the top of the foot, specifically over the second metatarsal head. The bump is a result of a bony spur or osteochondroma. It can cause pain and discomfort, especially when walking or wearing shoes. Treatment is usually conservative, involving rest and shoe modifications. In some cases, surgery may be necessary to remove the bump.

10 6 Scheuermann's

Scheuermann's disease is a type of kyphosis, a curvature of the spine. It is characterized by wedge-shaped vertebrae, which can lead to a hunched posture and back pain. The condition is most commonly diagnosed in the thoracic spine. Treatment is typically conservative, focusing on physical therapy and posture correction. In severe cases, surgery may be required to correct the curvature.