

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# HEEL SPURS

L R Q K E C K B A B S E T N F E G H K E Y R Q U  
Z Q W Q T J W F L A P R W Y V J O Q D S E Y Z C  
P I T S R U P S D A E P D G Q M R K L F J Q Q Y  
Y K C M O B Z E W A M G I D X Y T B E T Z Z D P  
I S S V K B H I T V K S N N I D A J S E B J L N  
F I S S K A E M Y Y R E G R U S Z G Z L K G H M  
Y T R M S K E S I D R W U T H A H N T N F O C R  
P I U L Y N L I N F L A M M A T I O N T U Q D X  
A I P K T S X T Z I Y G D V H A U M L E H Y Y U  
R C S J I W V D S S I H I E P J E P X E D D M D  
E S L A V S Y A R X Y L F C F I L P L F M L L C  
H A E J I T J U V O D M I C S A F U X T U G R I  
T F E W T N E T N N E N P I T V S Q H A I A O V  
L R H F C E T T I F O G A T H B G C I L C V T K  
A A A C A M E H X R P V P D O J G E I F L C C C  
C T U V L T G O H F P I Y L U M U N R A A T A M  
I N M X A A S C K I G L F R K Y S G H U C J F V  
S A U V C E K D T G M O G W N N G T I Z O X K S  
Y L H E I R K K S H D F B S M I L H L E W S S P  
H P I B S T H M N C B H G I O X I R L M K H I N  
P H S N Y O N E Z R H F V G F F P O P E M O R B  
A Z S L H D Z V D A Y Q M U Q K Q C D D J E F M  
U L F V P M Q H R S R G N I H C T E R T S S B K  
E J Z J K I R O V Q P V T S R F D R W V N J J C

plantar fasciitis  
inflammation  
Stretching  
HEEL SPURS  
surgery  
SHOES  
XRAY

Physical therapy  
chronic pain  
treatments  
TREATMENT  
CALCIUM  
SPURS  
HEEL

physical activity  
risk factor  
flat feet  
SYMPTOMS  
fascia  
ARCH