

Sharp Pain On Heel Back

== History == 5943ffc2ec

Pain ". The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage. (sucrose) when taken by mouth reduces pain in newborn babies undergoing some medical procedures (a lancing of the heel, venipuncture, and intramuscular injections) Pain is a distressing bodily feeling often caused by intense or damaging stimuli 5943ffc2ec

Schmidt sting pain index It is mainly the work of Justin O. Schmidt, who was an entomologist at the Carl Hayden Bee Research Center in Arizona. The Schmidt sting pain index is a pain scale rating the relative pain caused by different hymenopteran stings. Schmidt The Schmidt sting pain index is a pain scale rating the relative pain caused by different hymenopteran stings. It is mainly the work of Justin O 5943ffc2ec

Schmidt's original 1983 paper was a way to systematize and compare the hemolytic properties of insect venoms. A table in the paper included a column that rated sting pain, starting from 0 for stings that are completely ineffective against humans, progressing through 2 for familiar pains such as those caused by common bee or wasp stings, and finishing at 4 for the most painful stings. Only the bullet ant, *Paraponera clavata*, was given a rating of 4, although later versions of the index added two more species. 5943ffc2ec Verheyen referred to the mythological account... 5943ffc2ec

Platform shoe The sole of a platform shoe can have a continuous uniform thickness, have a wedge, a separate block or a stiletto heel. Raising the ankle increases the risk of a sprained ankle. Extreme heights, of both the sole and heel, can be found in fetish footwear such as ballet boots, where the sole may be up to 20 cm (8 in) high and the heels up to 40 cm (16 in) or more. Extreme heights, of both the sole and heel, can be found Platform shoes are shoes, boots, or sandals with a thick sole, usually in the range of 5–10 cm (2–4 in). also be high heels, in which case the heel is raised significantly higher than the ball of the foot. Platform shoes may also be high heels, in which case the heel is raised significantly higher than the ball of the foot 5943ffc2ec

Pain motivates animals to withdraw from damaging situations, to protect a damaged body part while it heals, and to avoid similar experiences in the future. Most pain resolves once the noxious stimulus is removed and the body has healed, but it may persist despite removal of the stimulus and apparent healing of the body. Sometimes pain arises in the absence of any detectable stimulus, damage or disease. 5943ffc2ec

Stiletto heel It is named after the stiletto dagger. A stiletto heel, or just stiletto, is a shoe with a long, thin, high heel. Stiletto heels may vary in length from A stiletto heel, or just stiletto, is a shoe with a long, thin, high heel. It is named after the stiletto dagger 5943ffc2ec

Running injuries The frequencies of various RRI depend on the type of running, such as speed and mileage. Some injuries are acute, caused by sudden overuse, such as side stitch, strains, and sprains. There are two types of Achilles tendinitis, insertional Running injuries (or running-related injuries, RRI) affect about half of runners annually. Common overuse injuries include shin splints, stress fractures, Achilles tendinitis, Iliotibial band syndrome, Patellofemoral pain (runner's knee), and plantar fasciitis. Many of the common injuries that affect runners are chronic, developing over longer periods as the result of overuse. is inflammation of the Achilles tendon, resulting in pain along the back of the leg near the heel 5943ffc2ec

== Overview == 5943ffc2ec The oldest known record of the tendon being named after Achilles was written in 1693 by the Flemish anatomist Philip Verheyen. In his widely used text *Corporis Humani Anatomia* he described the tendon's location and said that it was commonly called "the cord of Achilles." The tendon has been described as early as the time of Hippocrates, who described it as the "tendo magnus" (Latin for "great tendon") and by subsequent anatomists prior to Verheyen as "chorda Hippocratis" (Latin for "Hippocrates' string"). 5943ffc2ec The Spanish boot was an iron casing for the leg and foot. Wood or iron wedges were hammered in between the casing and the victim's flesh. A similar device, commonly referred to as a shin crusher, squeezed the calf between two curved iron plates, studded with spikes, teeth, or knobs, to fracture the tibia and fibula. 5943ffc2ec Prevention may include stretching before activity and gradual progression of exercise intensity. Treatment may consist of surgical repair or conservative management. Quick return to weight bearing (within 4 weeks) appears acceptable and is often recommended. While surgery traditionally results in a small decrease in the risk of re... 5943ffc2ec Simple over-the-counter pain medications are useful in 20% to 70% of cases of common acute... 5943ffc2ec

Achilles tendon rupture Symptoms include the sudden onset of sharp pain in the heel. Symptoms include the sudden onset of sharp pain in the heel. A snapping sound may be heard as the Achilles tendon rupture is the breakage of the Achilles tendon at the back of the ankle. A snapping sound may be heard as the tendon breaks and walking becomes difficult. breakage of the Achilles tendon at the back of the ankle 5943ffc2ec

== Devices and practices == 5943ffc2ec == Spanish boot == 5943ffc2ec The recipient of such activities may receive pleasure via masochism, emotional pleasure through erotic humiliation, or knowledge that the play is pleasing to a sadistic dominant. 5943ffc2ec Abnormalities of the Achilles tendon include inflammation (Achilles tendinitis), degeneration, rupture, and becoming embedded with cholesterol deposits (xanthomas). 5943ffc2ec Stiletto heels may vary in length from 2.5 centimetres (1 inch) to 25 cm (10 inches) or more if a platform sole is used, and are sometimes defined as having a diameter at the ground of less than 1 cm (slightly less than half an inch). Stiletto-style heels 5 cm (2.0 in) or shorter are called kitten heels. 5943ffc2ec Schmidt repeatedly refined his scale, including a paper published in 1990, which classifies the stings of 78 species and 41 genera of Hymenoptera, and culminating in a book published in 2016. 5943ffc2ec == History == 5943ffc2ec Proper running form is important in injury prevention. A major aspect of running form is foot strike pattern. The way in which the foot makes contact with the ground determines how the force of the impact is distributed throughout the body. Different types of modern running shoes are created to adjust the foot strike pattern in an effort to reduce the risk of injury. In recent

years, barefoot running has increased in popularity in many Western countries, because of claims that it reduces the risk of injury. However, this has not been proven and is still debated.

Achilles tendon The Achilles tendon, or the heel cord, also known as the calcaneal tendon, is a tendon at the back of the lower leg, and is the thickest in the human body. These muscles, acting via the tendon, cause plantar flexion of the foot at the ankle joint, and (except the soleus) flexion at the knee. It serves to attach the plantaris, gastrocnemius (calf) and soleus muscles to the calcaneus (heel) bone.

Platform shoes are known in many cultures. The most famous predecessor of platform shoes are the Zoccoli in Venice of the 15th century, designed with the functional goal of avoiding wet feet when the pavements were flooded. Depending on the current shoe fashion, platform shoes are more or less popular. In the 1970s they were widespread in both genders in Europe. Today, they are preferred by women. The Achilles tendon was named in 1693 after the Greek hero Achilles.

Cock and ball torture prevent erections in a variety of ways; many of them caused pain in the penis, typically using sharp projections from cock rings or sometimes via electric shocks. Cock and ball torture (CBT) is a sexual activity involving the consensual application of pain, pressure, or constriction to the male genitals. Practices can include squeezing, genital spanking, genital piercing, wax play, urethral play, erotic electrostimulation, and impact play such as ballbusting. The testicles are particularly sensitive to pain, and even relatively minor impact can cause pain or discomfort.

History Primitive forerunners of the archetype can be found dating back as far as a thousand years. The first Scottish effort, also referred to as a buskin, made use of a boot-shaped rawhide garment that was soaked with water, drawn over the foot and lower leg, and then... CBT can be performed using toys and devices.

Plantar fascia Recent studies suggest that the plantar fascia is actually an aponeurosis rather than true fascia. It runs from the tuberosity of the calcaneus (heel bone) forward to the heads of the metatarsal bones (the bone between each toe and the bones of the mid-foot). over a period of time. Visualized on x-ray. It is mistaken for a sharp piece or horn of bone sticking out of the heel and instead is actually calcification. The plantar fascia or plantar aponeurosis is the thick connective tissue aponeurosis which supports the arch on the bottom (plantar side) of the foot.

Rupture of the Achilles tendon usually occurs due to a sudden, forceful push-off movement, an abrupt dorsiflexion of the foot while the calf muscle is engaged, or direct trauma. Chronic degeneration of the tendon, often from tendinosis, also increases the likelihood of rupture. Common risk factors include fluoroquinolone or corticosteroid use, sudden increases in physical activity, inflammatory conditions such as rheumatoid arthritis, gout, and chronic overuse or improper training. Diagnosis is primarily based on clinical symptoms and physical examination, with imaging such as ultrasound or MRI used for confirmation when needed.

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Boot (torture) One type was made of four pieces of narrow wooden board nailed together. The term boot refers to a family of instruments of torture and interrogation variously designed to cause crushing injuries to the foot and/or leg. shattered. Common varieties include the Spanish boot (sometimes referred to as "scarpines") and the Malay boot. The heel bone is sufficiently powerful to withstand the torture, although the heel is not generously provided with afferent pain nociceptors. The pressure would be increased until the victim confessed or lost consciousness. The boot has taken many forms in various places and times. The boards were measured to fit the victim's leg. Once the leg was enclosed, wedges would be hammered between the boards, creating pressure 5943ffc2ec

Pain is the most common reason for physician consultation in most developed countries. It is a major symptom in many medical conditions, and can interfere with a person's quality of life and general functioning. People in pain experience impaired concentration, working memory, mental flexibility, problem-solving and information processing speed, and are more likely to experience irritability, depression, and anxiety. 5943ffc2ec The Schmidt sting pain index arose from the pursuit of a larger hypothesis: that the evolution of sociality in Hymenoptera was dependent on the evolution of venom that was both painful and toxic. Pain is a signal of damage in the body, but molecules... 5943ffc2ec "The causes of running injuries are so multifactorial... 5943ffc2ec

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