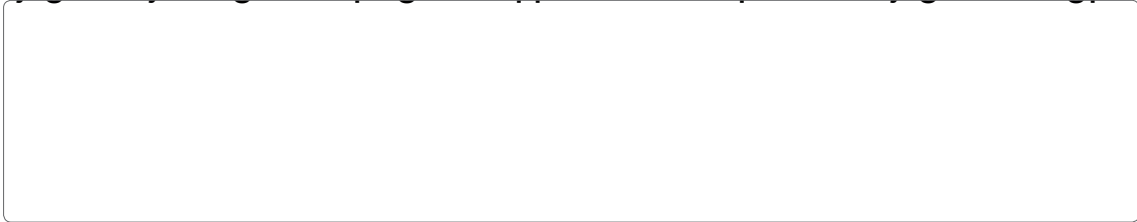




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### Keywords:

### Introduction

The introduction section discusses the clinical significance of foot and ankle disorders, highlighting the impact of various conditions on patient quality of life and the need for comprehensive research. It outlines the scope of the study and the objectives of the research.

1. The study aims to investigate the prevalence and risk factors of foot and ankle disorders in a specific population. The research is based on a cross-sectional design involving a large number of participants.

2. The study focuses on identifying the most common types of foot and ankle conditions, such as arthritis, tendonitis, and plantar fasciitis, and their associated symptoms.

3. The research also explores the impact of lifestyle factors, such as footwear and physical activity, on the development and progression of these conditions.

The study findings indicate a high prevalence of foot and ankle disorders, particularly among individuals with sedentary lifestyles and poor footwear choices. The results suggest that early diagnosis and intervention are crucial for preventing long-term complications and improving patient outcomes.

4. The study concludes that a multidisciplinary approach, involving medical professionals, physical therapists, and podiatrists, is essential for the effective management of foot and ankle disorders. Further research is needed to explore the underlying mechanisms of these conditions and to develop targeted prevention strategies.



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**Conclusion**

**Acknowledgement**

**Conflict of Interest**

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