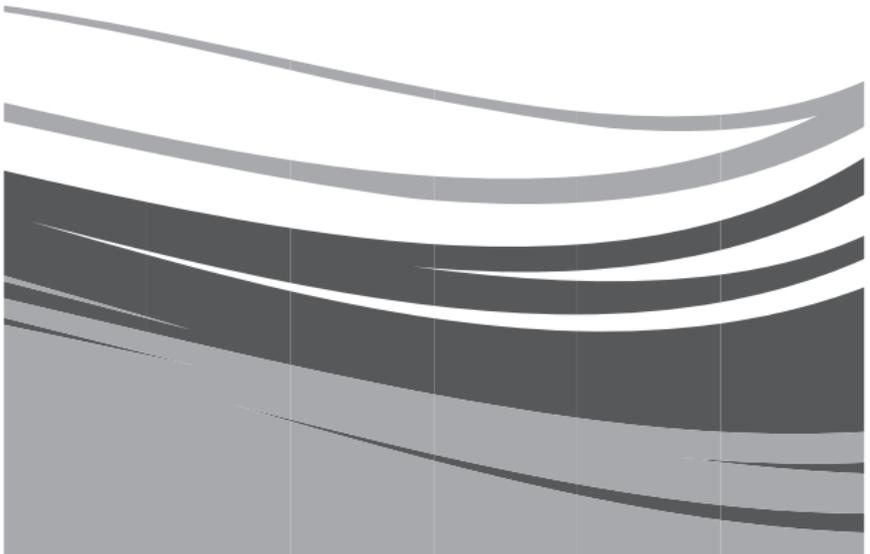
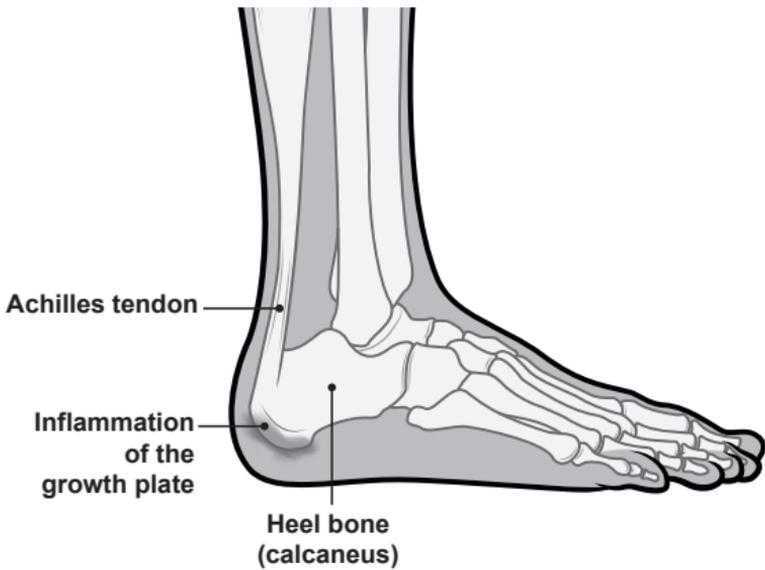


# Sever's Disease

## Calcaneal Apophysitis (Sever's Disease)



Sever's Disease is a common condition resulting in inflammation at the heel growth plate. It is also known as Calcaneal Apophysitis. It can be painful but is only temporary and has no long-term effects. It can occur between the age of 8 and 14 during periods of growth. Children who are very active are often more likely to get it. This goes away on its own when growth is complete. The growth plate fuses to the rest of the heel bone usually around 15 years of age.

## **Causes**

During the growth spurt of early puberty, the heel bone sometimes grows faster than the leg muscles and tendons. This can cause the muscles and tendons to become very tight making the heel less flexible. Over time repeated stresses on the tendon can cause swelling, tenderness and pain at the heel.

## **Signs and Symptoms**

- pain or tenderness in one or both heels
- pain can extend to the sides and bottom of the heel
- swelling and redness in the heel
- difficulty walking
- discomfort or stiffness in the feet after sleep
- limping or walking on toes

Symptoms are usually worse during or after activity and get better with rest.

## **Management**

The immediate goal of treatment is pain relief.

To achieve this:

- keep as active as pain allows
- suitable footwear for sports (i.e. not fashion trainers)
- medication (paracetamol/ ibuprofen) as prescribed on packaging to reduce pain and swelling (short term use)
- ice, wrapped in towel (not applied directly to skin) for 10 mins at a time
- gel heel cups for cushioning
- try the stretches in this leaflet
- if pain persists, seek referral to Physiotherapy

Sit on the floor with one leg straight, and one knee bent.



Hook a towel over the ball of your foot on the straight leg, and pull the ball towards you to feel the stretch in the long calf muscles.

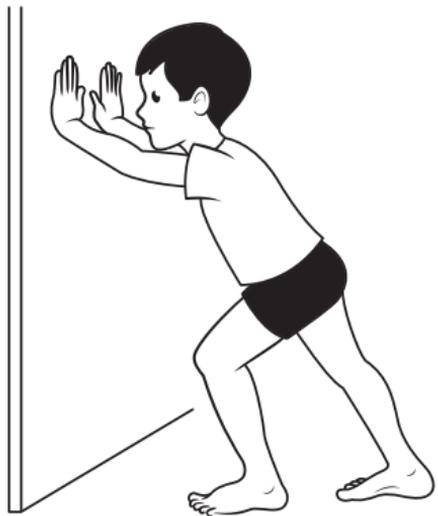
This is a good one to do first thing in the morning before getting out of bed.

**Hold for 40 seconds**

**Repeat 4 times.**

**2-3 times a day**

Leaning forward against the wall as shown.

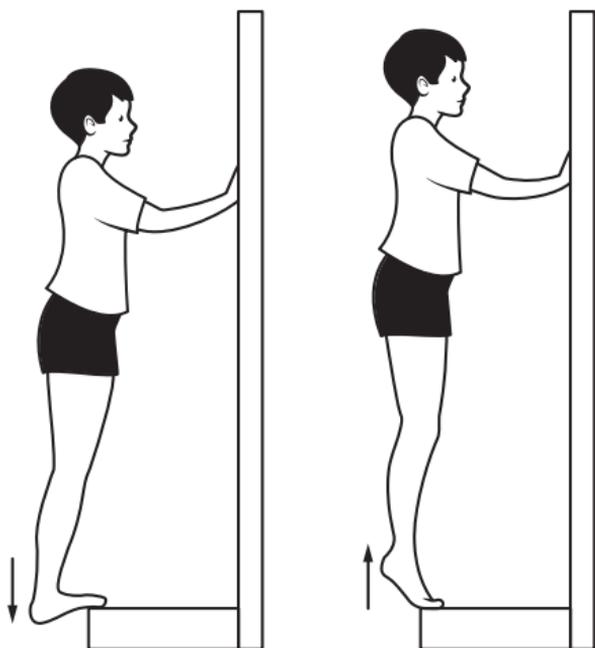


Stretch your back heel towards the floor. You should feel a stretch in the back of your calf.

**Hold 40 seconds.**

**Repeat 4 times, each side**

**2-3 times a day**



Stand with your forefeet at the edge of a step, with your knees straight.

Take support if needed.

Lower your heels until you feel a stretch in your calf muscles. Hold the Position while breathing and return back to the starting position.

**Hold for 40 seconds**

**Repeat 4 times**

**2-3 times a day**

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