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If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793



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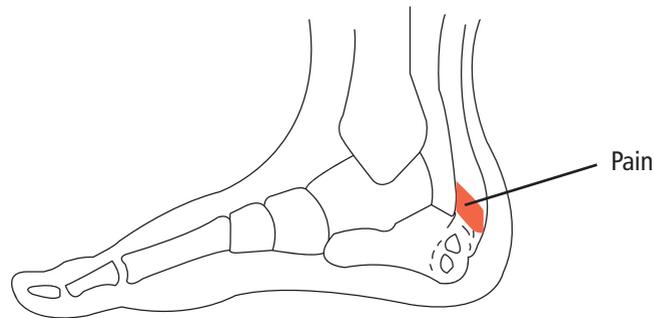
Your child has Sever's disease



One + all | we care

What is Sever's disease?

Sever's disease (or Calcaneal apophysitis) is a heel condition common in sporty and physically active children. High levels of physical activity may aggravate the symptoms. Between the ages of eight and 13 years, a child's bones often grow at a faster rate than their tendons, causing a shortening of the heel-cord compared to the leg bones. The tight heel tendons may put too much tension on the back of the heel where they attach. This can injure that part of the heel (the calcaneal apophysis), which is still an immature mixture of bone and growing cartilage. Overuse causes injury and inflammation at the heel.



What are the symptoms?

The typical patient is a child between eight and 13 years of age, complaining of pain in one or both heels during running and walking. The pain is felt at the point of the heel where the Achilles tendon attaches to the heel bone, and this area is tender to deep pressure. Walking on the toes relieves the pain.

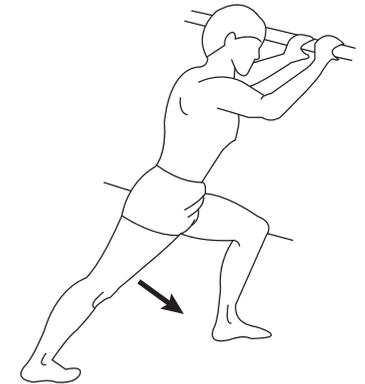
How is it treated?

Encourage your child to:

- Limit physical activities to within his or her pain threshold.
- Perform the exercises shown opposite.
- Heel inserts may be prescribed.
- Apply ice or cold therapy to the painful heel. Do not apply ice directly to the skin, but wrap in a wet tea towel to avoid ice burns. Leave for about 10 minutes.
- Your doctor may prescribe non-steroidal anti-inflammatory medications.

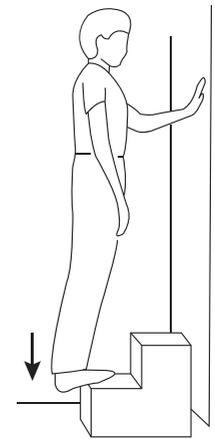
Heel-cord stretch

1. Stand in a walking position with one leg straight behind you and your other leg bent in front of you.
2. Support yourself using a wall or chair.
3. Lean your body forwards and down until you feel the stretching in the calf of your straight leg.
4. Hold for 10 seconds.
5. Repeat 10 times each leg.



Heel stretch

1. Stand on a step with both heels over the edge.
2. Hold on to a support (such as a wall or banister rail).
3. Let the weight of your body stretch your heels towards the floor.
4. Hold for 10 seconds.
5. Repeat 10 times.



Are there any long-term effects?

No, your child should not have any long-term disability. Sever's is an overuse syndrome involving an immature part of the skeleton. The disease is self-limiting. The pain goes away eventually when the child's heel bone is completely grown. Even if your child is suffering pain, he or she may continue to take part in sport as long as they can tolerate it. There are no long-term problems linked to the disease.