



## Sever's Disease



Looking at a child limping off the ground and complaining about pain in their heels is never pleasant.

Sever's disease is the most common cause of heel pain particularly in the young and physically active child. Just before puberty the calf bones typically grow faster than the surrounding soft tissues, which means the Achilles tendon is pulled uncomfortably tight. At the same time, until the cartilage of the heel bone is ossified (turned into bone), it is potentially a weak spot. The tightened calf muscles cause a traction on this weak spot, resulting in pain and inflammation.

Treatment usually includes relative rest, ice, modifying activities, orthomechanical control if required to limit traction from the Achilles. Sever's disease is self-limiting and rarely causes long-term problems

**Call 9388 9999**