



Sever's disease:

What is it?

Sever's disease is an *inflammatory* condition affecting the **growth plate of the heel** (calcaneus) and causes pain in the heel. Sever's often mimics plantar fasciitis and Achilles tendonitis (which affect adults). It affects growing, active teenagers with open growth plates. Sever's is caused by overuse of the bone and tendon in the heel, usually from repetitive running and jumping. Sometimes, it's associated with over-pronation. It is *not* a disease....and it's not contagious!



Diagnosis:

Sever's disease is a clinical diagnosis. X-rays are usually normal, but Doctors often check X-rays to rule out other problems.

Treatment:

- Decrease running & jumping – most important step!
- May need to temporarily hold from or modify sports – hold from extra running & jumping drills
- Cross train (ie: swimming, biking, resistance training, etc.)
- Ice heel after exercise & sports
- Topical anti-inflammatory medicine (ie: Voltaren cream)
- Gel cups
- Physical Therapy – focus on stretching & strengthening of hips, hamstrings, calf muscles
- Walking boot 2-8 wks (for severe symptoms, rarely needed)