

Sever's

Disease



What is it?

Sever's disease is a swelling and irritation of the growth plate in the heel bone, called the calcaneus.

The growth plate is a layer of cartilage near the end of a bone where bone growth occurs. It is weaker and more at risk to injury than the rest of the calcaneus.

With proper management, Sever's disease usually goes away within a few months and doesn't cause lasting problems.

How do I know I have it?

Sever's disease usually causes pain or tenderness in one or both heels. It can also lead to:

- Swelling and redness in the heel
- Stiffness in the feet when first waking up
- Limping, or walking on tiptoes
- Pain when the heel is squeezed on both sides

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

Sever's disease happens during the growth spurt of puberty, usually between the ages 9-14 years of age.

During a growth spurt, the bones, muscles, and tendons grow at different rates.

Sever's disease usually seen in kids who are active in sports or activities that involve a lot of running or jumping, especially on hard surfaces such as basketball, gymnastics, and track.



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How can it be treated?

If your child has Sever's disease, your podiatrist may recommend doing some or all of these:

- Put ice or a cold pack on the heel every 1–2 hours, for 10 minutes at a time.
- Give medicine for pain such as ibuprofen.
- Use heel gel cups or supportive shoe inserts to lower the stress on the heel.
- Use an elastic wrap or compression stocking to help with pain and swelling.
- Follow a home exercise program given to you by your podiatrist to help with stretching, and strengthening the muscles and tendon that support the heel bone.
- Wear a walking boot that limits the movement of the ankle and heel.
- Using special shoe inserts, or heel cushions.



How can I prevent it in future?

After healing, your child can help prevent Sever's disease from coming back by:

- Wearing shoes and trainers that fit well and have padded soles.
- Avoiding heavy or high-heeled shoes.
- Stretching before and after activity and sports.
- Putting ice on the heel for 10 minutes after activity and sports (place a towel over the skin to protect it from the cold).
- Using special shoe inserts, or heel cushions.
- Losing weight (if overweight).

*For more information, contact us
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