

SEVERS DISEASE

The most common cause of heel pain in children.

Swelling and inflammation of the growth plate in the heel bone (calcaneum).

Usually affects boys around 10-12 years and girls around 8-14 years.

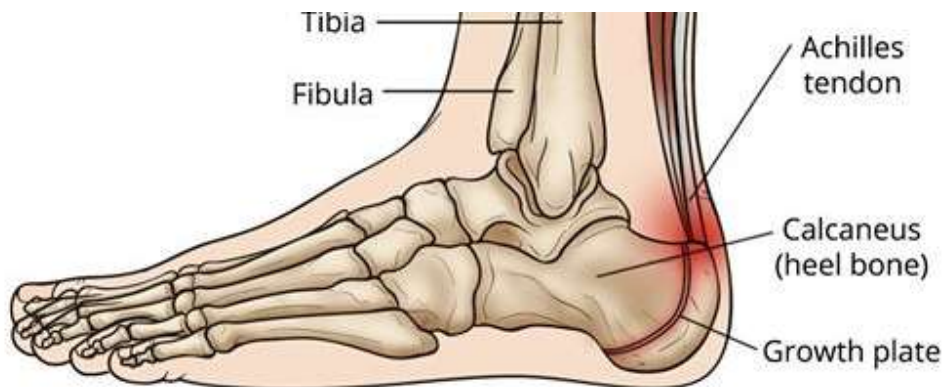
A result of repetitive stress/muscle strain/activity/ weight

Pain/tenderness at the back/underneath the heel and pain if heel squeezed at the sides.

Both heels may be affected.

Children may avoid walking on the heel and may walk on tiptoes.

It is not a long term condition but may last a few months.



Treatment may include:

Stopping/reducing activity until pain resolves

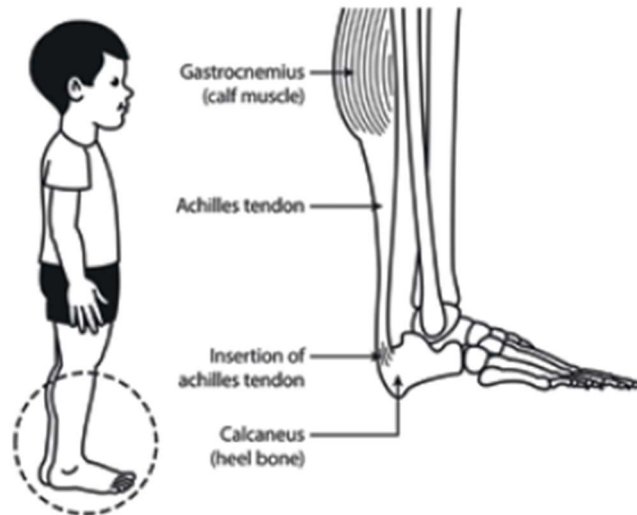
Orthotics

Footwear changes

Applying ice to the area

Stretches.

Stretches for Severs Disease



If your child is experiencing heel pain, please do not hesitate to make an appointment with your podiatrist

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