

CHILDREN'S HEEL PAIN: SEVER'S DISEASE

SEVER'S (INFLAMMATORY RESPONSE OF THE ATTACHMENT OF THE ACHILLES' TENDON TO THE HEEL BONE) IS THE MOST COMMON CAUSE OF HEEL PAIN IN YOUNG CHILDREN. IT IS PARTICULARLY COMMON IN BOYS AGED 8-15 YEARS OF AGE. SEVER'S IS VERY COMMON IN THE SPORTS OF SOCCER, AFL AND NETBALL. SYMPTOMS ASSOCIATED WITH SEVER'S INCLUDE:

- GRADUAL INCREASE IN PAIN OVER PROLONGED PERIOD
- PAIN INCREASES THAT A LIMB OCCURS WHEN PLAYING SPORT
- WORSE BAREFOOT, PARTICULARLY IN THE MORNING
- SORE TO SQUEEZE THE REGION



CAUSES OF SEVER'S

DURING A GROWTH SPURT, THE HEEL BONE GROWS FASTER THAN THE MUSCLES, TENDONS AND LIGAMENTS IN THE LEG. WHEN THE BONES GROW FASTER THAN THE MUSCLES, THE ACHILLES TENDON THAT ATTACHES THE CALF MUSCLES TO THE HEEL GETS TIGHT. IT THEN PULLS ON TO A WEAK SPOT ON THE HEEL (GROWTH PLATE). THE GROWTH PLATE OF THE HEEL IS CARTILAGE THAT HAS NOT YET OSSIFIED (TURNED INTO BONE) AND THUS IS PRONE TO INFLAMMATION AT THE ATTACHMENT SITE BECAUSE OF EXCESSIVE PULLING OF THE ACHILLES. THIS CAUSES IT TO SEPARATE FROM THE HEEL, FIBRE BY FIBRE. THERE ARE A NUMBER OF REASONS WHY CONSTANT TEARING OF THE ACHILLE'S AWAY FROM THE HEEL OCCURS LEADING TO INFLAMMATION:

- GROWTH OF THE CHILD HAS MADE THE BONES LONGER THAN THE MUSCLES
- EXCESSIVE OVER-PRONATION (FLATTERING OF FEET)
- TIGHT CALVES
- POOR FOOTWEAR

- INCREASED SPORT

AT **HEEL PAIN CLINICS OF ADELAIDE** WE SEE **SEVER'S** DAILY. WE UTILISE 3 COMPONENTS TO TREAT SEVER'S:

1. 3 STEP ACHILLES PAIN RELIEF REGIME
2. FIT, FUN AND NOT FLAT EXERCISE PROGRAM
3. ADDRESSING BIOMECHANICS

YOUR PODIATRIST CAN ADVISE OF ACTIVITY ADJUSTMENTS TO RELIEVE THE PRESSURE ON THE HEEL REGION. A **CORTICOSTEROID INJECTION AND SURGERY ARE NOT CONSIDERED** OPTIONS.

DUE TO THE HIGH SUCCESS RATE WITH SEVERS WE GIVE YOUR MONEY BACK IF IT IS UNSUCCESSFUL.