

## 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 ACHILLES 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 HAVE OUR **'DON'T SEVERS YOUR CHILDS FOOT SYSTEM'** WHICH TREATS THE UNDERLYING FACTORS WHICH LEAD TO STRESS AND STRAIN OF THE PLANTAR FASCIA.

THE HEAL YOUR HEEL SYSTEM COMPRISES OF THREE COMPONENTS:

1. YOUR HOMEWORK: EXERCISE REGIME
2. ADDRESS ANY BAD FOOTWEAR
3. ADDRESSING BIOMECHANICS

IF YOUR HAS SEVERS WE HAVE A 94% SUCCESS RATE.

DUE TO THE HIGH SUCCESS RATE OF THE **'DON'T SEVERS YOUR CHILDS FOOT SYSTEM'** WE GIVE YOUR MONEY BACK IF IT IS UNSUCCESSFUL.