

Children's Therapy Services

Severs Disease



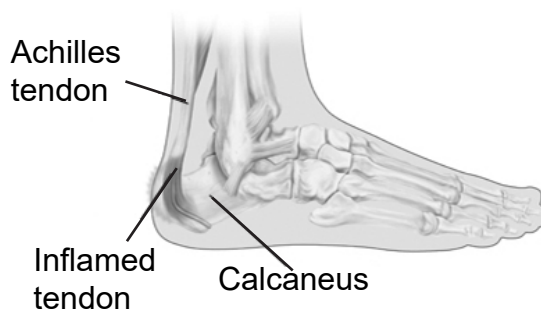
What is Severs Disease?

Severs disease is a common cause of heel pain in children and young people.

The condition causes pain and discomfort at the heel where the tendon of the muscle attaches to the bone.



It is an inflammation of the growing area of the heel bone and a fairly common cause of heel pain in young athletes.



What Causes it?

The cause is unknown but it is thought to be due to repetitive mini traumas to the growth area where the Achilles tendon is attached, or the bone is growing at a faster rate than the tendon and muscle. Thus the muscles in the back of the calf become tight. Symptoms are often made worse if the child has had a growth spurt.

What are the symptoms?

Typically, patients experience pain at the back of the heel, especially after sports. It may be associated with warmth, swelling, and even redness. Children also have an associated tight Achilles tendon and calf muscle.

Who does it affect?

Normally, Severs disease occurs in children aged 10-16 years. Generally, it is young people who are very sporty or active who develop the condition. Boys are affected more commonly than girls, and in about 60% of patients both feet are affected.

How is it diagnosed?

X-rays are not helpful to make the diagnosis.

Diagnosis is usually made based upon examination and consideration of the symptoms.

What is the natural progression?

It is a condition that usually gets better without treatment, with the closure of the growth plate of the heel bone (usually around the age of 15 for girls and 16 for boys).

However, until then, it is normal for symptoms to come and go.

How can I help my child?

Apply an ice pack, such as a bag of frozen peas wrapped in a damp cloth, over the painful area for 10 - 20 minutes, twice every day.

Be careful, ice can burn, especially in bony areas or where circulation is poor.

Regular anti-inflammatory medicine, such as ibuprofen, can be helpful, discuss with your local pharmacist or GP.

Limiting aggravating activities to within comfort. For any sport your child is managing to participate in, they should wear trainers with good shock absorbency. Gel shock or heel pad absorbers can be bought for extra comfort.

If your child continues to complain of pain enduring or after activity or cannot limit themselves, then stop all sport until symptoms settle, to allow the inflammation to reduce.

Stretches

A stretching exercise programme is very important to prevent muscle tightness and avoid secondary pain.

Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair. Lean your body forwards and down until you feel the stretching in the calf of the straight leg.

Hold approx. 30 seconds- relax. Repeat 3 times.



Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor.

Hold approx. 30 seconds - relax. Repeat 3 times.



If symptoms affect both legs, repeat exercise on each leg twice a day.

Recovery

As symptoms reduce gradually return to normal activity levels.

Symptoms can come and go until the child stops growing therefore it is good for them to carry out the stretching exercises before and after sport.

All of the treatment advice recommended in this leaflet should be restarted if the symptoms return—this is most likely after a growth spurt.

This is only for children resident in Calderdale or Huddersfield.

If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza
Northgate
Halifax HX1 1UB
Telephone No: 01422 261340

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Princess Royal Health Centre
Greenhead Road
Huddersfield HD1 4EW
Telephone No: 01484 344299

If you would like this information in another format or language contact the above.

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obraťte se prosím na výše uvedené oddělení

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danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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