

## **Calcaneal Apophysitis (Sever's disease)**

### **What is it?**

Sever's disease is the most common cause of posterior heel pain in active, growing children. Often described as a bruising 'pulling pain', the condition is caused by repetitive micro-trauma to the growth plate (apophysis) of the heel bone (calcaneus), hence the term Calcaneal Apophysitis.



### **Common Symptoms:**

- Posterior heel pain (after exercise)
- Made worse by kicking/jumping
- Limping
- Tight calf muscles

### **Risk factors:**

- Sudden increase in activity
- Poor footwear
- Biomechanical issues
- Between ages 7-15 (boys>girls)
- Active children
- Previous trauma to heel bone

### **How is it diagnosed?**

A thorough clinical examination will most commonly diagnose Sever's disease. Depending on severity of symptoms, you may be referred for an x-ray to determine the extent of the damage and to rule out further pathology.

### **Possible Treatments:**

- Ice
- Rest
- Footwear advice
- Heel raises in shoes
- Strapping/stretching
- Custom Orthotics
- Non-Steroidal Anti-inflammatories
- Neuromuscular needling

### **Prognosis:**

Although Sever's disease is a debilitating condition, the majority of patients respond well to the treatments listed above. Complete recovery time varies on how severe the case is however 90% of patients respond within 1-3 months.