



Severs Disease

Body Part

Posterior Plantar Heel (Calcaneus)

Condition:

Inflammation of the calcaneal apophysis or "growth plate"

Summary

Severs (also known as 'Severs' disease or calcaneal Apophysitis) is a common cause of heel pain, particularly in people who are young and physically active. It usually only affects a certain age group between the ages of 8-16. The reason being is that at this age the growth plate in the heel isn't properly fused yet, so with high impact exercises the growth plate get jammed between the pulling of the Achilles Tendon and the force of the ground causing it to become inflamed and painful. Fortunately, there are no long term complications from Severs and young people will always make a full recovery.






Common Causes

- Physical activity – volume, intensity or frequency of activity.
- Start of a sporting season
- When different seasons cross over
- Multiple training sessions per week
- Harder surfaces (From winter to summer)
- Particular types of activity such as running or jumping
- Biomechanics
- Some young people may be more predisposed due their foot function
- Weight – the heavier you are the more pressure goes through your feet
- Height - going through a growth spurt can also lead to more traction of the Achilles Tendon on the growth plate
- Footwear
- Inappropriate shoes with minimal support and a low heel.
- Physical activity with no shoes on can also exacerbate symptoms



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Symptoms:

- Pain especially during activities involving running and jumping
- redness/heat
- swelling
- walking on tiptoes
- limping

Treatment:

- Rest
- Cold packs Applying: ice or cold packs to the back of the heels for around 15 minutes every night especially after physical activity or when a flare ups occur.
- Anti-inflammatories: either topical or oral.
- Heel Lift: the use of a soft heel lift to take the pressure off the growth plate and tendon.
- Orthotics/Taping: If any biomechanical problems have been found, then the use of taping or long-term orthotics will be helpful.
- Avoiding Stretches
- Calf raises: Initially on both feet then moving to one foot as condition improves. Do 10 x 2 daily.

Prognosis:






Prognosis varies on level of intervention and age. After the growth plate fuses at around 16 years of age the patient will not experience any more pain. However, prior to it fusing patients should expect occasional flare ups but, with the above mentioned interventions, the condition becomes manageable.

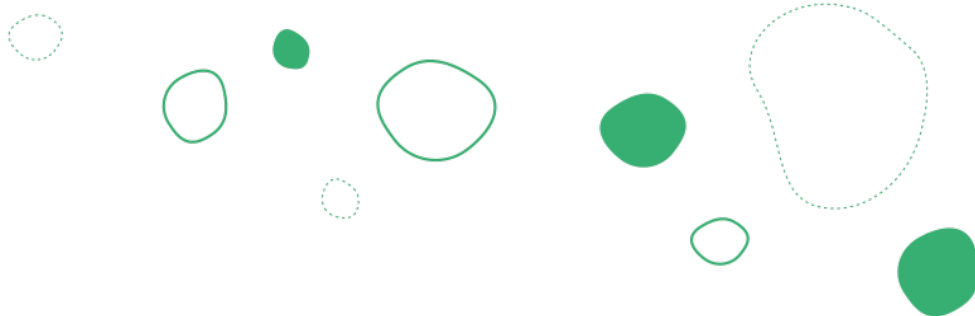


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Further information:





For further information, please contact our friendly team at Gen Health.

www.epainassist.com/sports-injuries/foot-and-heel-injuries/severs-disease-or-calcaneal-apophysitis



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