



Royal Hospital for Sick Children

Sever's Disease Information and Treatment Advice

Sever's Disease

Sever's Disease is a common cause of heel pain in children. It is caused by repeated stress of the large calf muscle tendon where it attaches to the heel bone. This repeated stress results in the heel area becoming inflamed and painful.

What Are The Common Symptoms

The most common symptoms of Sever's Disease are:

- Heel pain either during or after participation in sports
- Swelling of your heel bone which can be tender to touch
- Reduced ankle strength
- Tightness of your leg muscles

These symptoms usually appear gradually and often after you have had a growth spurt. These symptoms can appear in one or both of your heels.

Treatment Advice

By following the advice below your Sever's Disease should fully recover within 3 months.

- Please rest from all of your sporting activities and physical education to enable the pain and swelling to settle.
- Place some crushed ice in a damp towel and place on the painful area for 10 minutes. Please check your skin regularly during this time. Repeat this ice application every 2 – 3 hours as required.
- Start a daily stretching programme as detailed on the opposite page to improve your muscle flexibility.
- Wear well fitting, supportive footwear. Children often find wearing trainers helpful.

Returning To Activities

Once your heel is no longer painful and your flexibility of your leg is much better you can gradually return to gentle activities such as swimming and cycling.

As your heel continues to feel better you can gradually return to your usual activities ensuring you warm up and cool down properly.

Further Advice

If your symptoms are not settling please attend your GP for further assessment or you can contact the physiotherapy department at the Royal Hospital for Sick Children. The contact details for the physiotherapy department are:

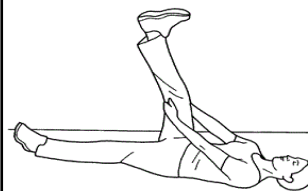
Physiotherapy Department
Royal Hospital for Sick Children
5 Rillbank Terrace
Edinburgh
EH9 1LF
(0131) 536 0337

Severs Disease

Paediatric Physiotherapy Department

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Lying on your back, lift your painful leg towards your chest and place your hands behind your thigh.

Slowly straighten your painful leg until you feel a gentle stretch behind your knee. Hold this stretch for 20 sec — relax.

Repeat stretch 3 times every day with the affected leg.



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Stand in a walking position with the painful 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 stretch for 20

secs - relax. Repeat stretch 3 times every day with the affected leg.



Half kneeling. Place your hands on the floor. Bring the ankle to be stretched close to your bottom keeping the sole of your foot on the floor.

Bring your chest forwards and shift your weight over the sole of your foot. Keep your heel on the floor during the exercise. Hold stretch for 20 secs — relax. Repeat stretch 3 times every day.