

Sever's disease is directly related to overuse of the bone and tendons in the heel. This can come from playing sports or anything that involves lots of heel movements. It can be associated with starting a new sport, or the start of a new season.^[2] Too much weight bearing down on the heel can also cause it as can excessive traction since the bones and tendons are still developing. It occurs more commonly in children who pronate, and involves both heels in more than half of patients.

Treatment

Treatment may consist of one or more of the following:

- Elevating the heel
- Stretching hamstring and calf muscles 2-3 times daily
- Using R.I.C.E. (Rest, Ice, Compression, Elevation)^[3]
- Foot orthotics
- Medication

Recovery

Sever's disease is self-recovering, meaning that it will go away on its own when it is used less or when the bone is through growing. The condition is not expected to create any long-term disability, and expected to subside in 2–8 weeks.^[3]

However, while the disease does subside quickly, it can recur, for example at the start of a new sports season. The only known cure is for children to outgrow the condition, and recurrences happen for an average of 18 months before this occurs.

It is more common in boys, although occurs in girls as well. The average age of symptom onset is 9-11.

Prevention

- Maintain good flexibility through stretching exercises
- Avoid excessive running on hard surfaces
- Use quality, well-fitting shoes with firm support and a shock-absorbent sole

See also

- List of childhood diseases

References

1. [^] Sever JW: Apophysitis of the Os Calcis. *New York Medical Journal* 1912; 95: 1025-1029.
2. [^] Hendrix CL (2005). "Calcaneal apophysitis (Sever disease)". *Clinics in podiatric medicine and surgery* **22** (1): 55–62, vi. doi:10.1016/j.cpm.2004.08.011 (<http://dx.doi.org/10.1016%2Fj.cpm.2004.08.011>) .

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3. ^{a b} Madden CC, Mellion MB (1996). "Sever's disease and other causes of heel pain in adolescents". *American family physician* **54** (6): 1995–2000. PMID 8900359 (<http://www.ncbi.nlm.nih.gov/pubmed/8900359>) .

Micheli and Ireland. Prevention and Management of Calcaneal Apophysitis in Children: An Overuse Syndrome. *Journal of Pediatric Orthopedics* 1987; 7(1): 34-38.

<http://www.footphysicians.com/footankleinfo/pediatric-heel-pain.htm>

External links

- Bibliography: <http://www.epodiatry.com/heel-pain-children.htm>
- <http://familydoctor.org/158.xml>
- <http://www.footphysicians.com/footankleinfo/pediatric-heel-pain.htm>

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