SUMMARY

1. Sever’s Disease is a common foot condition affecting sporty children who are going through ‘growth spurts’.
2. The symptoms can be managed with rest, ice, elevation, gentle stretches and good footwear.
3. The condition usually goes away on its own with a little rest and time.

As from January 2006, everyone has the choice of where to receive their treatment and, if you wish, you can choose The Southampton University Hospitals. We would be pleased to treat you promptly in a safe environment renowned for its clinical excellence.

This leaflet is intended for general information only. For individual advice please contact your doctor.

A general information leaflet to help your rehabilitation developed by:

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What is Sever's Disease?
It is pain in one or both heels during walking. The pain comes from the area between the sections of bone that make up the heel. As you go through a ‘growth spurt’ the tendon at the back of the heel (Achilles Tendon) pulls at the heel bone. This makes you limp or walk on your toes and often creates a lump on your heel. The reason the tendon is tight is because your bones grow faster than your muscles.

Why have I got Sever’s Disease?
It usually affects those:

- Between 8 to 10 years old (boys) and between 10 and 12 years old (girls).
- In a ‘growth spurt’
- Involved in sports, usually sports that involve running and jumping.

What can I do?
There is nothing you can do to stop Sever’s Disease. It will stop when you finish the growth cycle. However the following will relieve the symptoms.

1. **Rest**
Cut down on the time you spend playing sport until the pain has gone. Avoid sports that involve a lot of running or jumping. Swimming can be a useful substitute.

2. **Ice**
Ice the affected area for 10-15 mins, especially after activity. Make sure you protect the skin by wrapping the ice in a towel.

3. **Elevation**
Elevate the leg when painful and swollen especially after sports.

4. **Pain relief**
Pain relieving medication may reduce pain and swelling, but you need to discuss options with a pharmacist or GP.

5. **Always wear shoes**
Avoid activities in bare feet. Choose a supportive shoe with the laces done up.

6. **Stretch your Calf muscles**

   Hold the stretches for 30 seconds 3 times a day.

How long will it take to get better?
It may take several weeks or months for the pain to completely stop. In most people, Sever’s disease goes away on its own with a little rest and time. However if you ignore the pain and play through it, the condition may get worse and may be more difficult to treat. When the pain is completely gone, you can slowly return to your previous level of activity. With future growth spurts the pain may return therefore keep up with the stretches and follow the advice given.