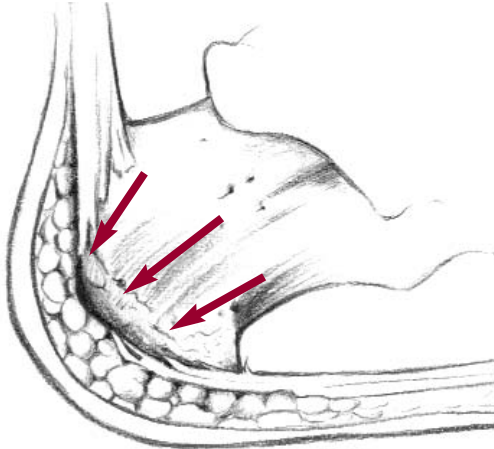


What is Sever's Disease?

Sever's disease is a painful condition of the heel in growing children. The condition occurs as a result of traction on the growth plate at the back of the heel bone where the heel cord (Achilles' tendon) attaches.



Growth Plate

Treatment

Ice the heel for 15-20 minutes after each practice or game. Insert heel pads in the child's shoes, and do not let him or her walk around in bare feet. Anti-inflammatory medication (Advil or Aleve) can be used as needed. The pain generally subsides in a few weeks to months, but can last as long as a year. Restriction of activity may be necessary to control symptoms. The following exercises can help the child's feet stay limber and protect the heels.

Stretching Exercises

The child should stretch his/her heels to provide flexibility. Have your child:

- Sit in a chair with feet flat on the ground
- Bend over and grasp his or her toes
- Pull toes upward until he/she feels a stretch.

The child should also stretch out the Achilles' tendon. Have your child:

- Stand on the lowest step of the stairs in the house, with only the front part of the feet actually touching the stair.
- Rise up on tiptoe and then lower himself or herself until the heels are below the level of the step. Use the banister for balance.