

# Sever's Disease

Sever's disease is also referred to as calcaneal apophysitis and is one of the most common sports injuries in adolescents between the ages of 8 and 14 years. It is characterised by pain in the heel region (Achillies), most often during and after activity. It involves traction of the achillies tendon which causes inflammation of the growth plate due to the pulling on the heel (calcaneous).

## Anatomy

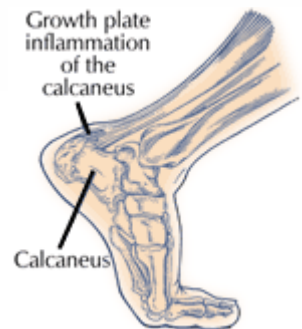
The achillies tendon is the large prominent tendon at the back of the ankle. It starts at the base of the calf muscles and inserts into the heel bone (calcaneous). The achillies tendon works with the muscles of the calf to allow movement at the ankle joint, (pointing or standing on toes) in particular.

## Symptoms

- Pain around the back of heels
- Pain during and after activity
- Localized tenderness and swelling
- Uncomfortable or painful tightness in calf muscles

## Common causes

- Tight calf muscles
- Growth spurt
- Increased or altered training load
- Poor footwear
- Football boots and hard surfaces/ fields



## How can A Step Ahead help you?

Resolution of pain is most often achieved through a combination of treatment modalities.

Treatment may include-

- Rest
- Activity modification
- Biomechanical assessment
- Footwear advice
- Stretching exercises
- Orthotic therapy
- Heel raises
- Taping
- Deep connective tissue massage
- Strengthening exercises

**A Step Ahead Podiatry is Western Sydney's leading foot and ankle clinic. Our highly skilled team are equipped to treat and assess all your foot and ankle needs. Why not call now to confirm an appointment time or check us out on the net?**

The information provided here should not be used for the diagnosis or treatment of any medical condition. **This should not be construed as professional advice.** A registered Podiatrist or general practitioner should be consulted. We strongly recommended you contact one of our professional staff for a detailed diagnosis and treatment plan.

