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Calcaneal Apophysitis / Sever's Disease



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Patient Information Series

Calcaneal Apophysitis, otherwise known as **Sever's Disease**, is a common cause of heel pain in growing athletes between 7 and 15 years of age. Heel pain is directly correlated to overuse of the bone and tendons in the heel at the growth plate.

Symptoms

Heel tenderness, limping, pain upon awakening, pain with squeezing the heel, and discomfort with running or jumping.

Diagnosis

Tenderness upon palpation of the calcaneal apophysis and an x-ray of the calcaneal growth plate will aid in diagnosis.

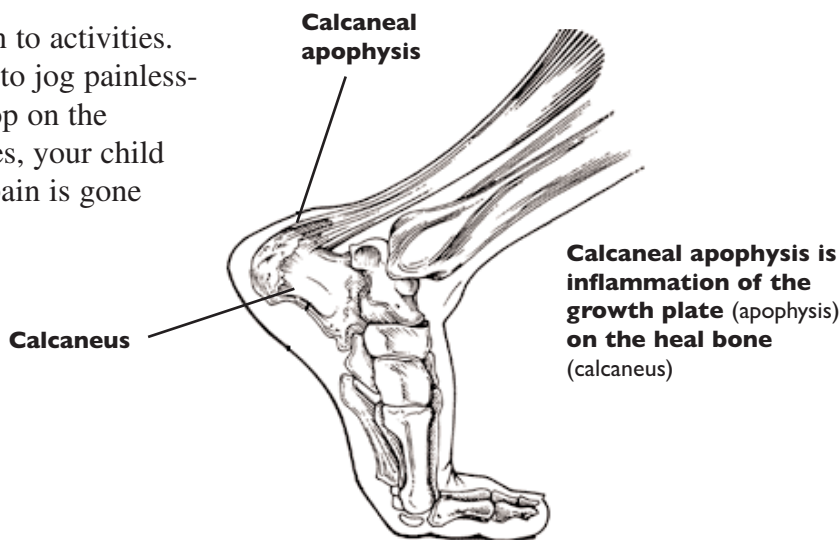
Treatment

Heel cups, anti-inflammatory medication, stretching 2-3 times daily, and rest. **Motrin Dosage: _____ mg (10mg / kg / dose) orally every 8 hours as needed for pain.**

Recovery

Our goal is to return your child to his or her sport or activity as soon as safely possible. If your child returns too soon, the injury could lead to permanent damage of the growth plate. Everyone recovers at a different rate. Recovery is not measured in terms of time. In general, the longer your child has symptoms before initiating treatment, the longer it will take to get better.

Your child should rest and gradually return to activities. Before running, your child should be able to jog painlessly, then sprint painlessly, and be able to hop on the injured foot painlessly. If heel pain resumes, your child should rest for a few more days until the pain is gone before trying to return again.



Prognosis

Sever's Disease is completely self-limited and will go away on it's own when the heel is used less and when growing is complete at around 17 years of age. No long term disability is expected.



1. Calf stretch.



2. Heel cord (achilles tendon) stretch.



3. Hamstring stretch.