

Children's Bone and Spine Surgery

Severs Disease (Calcaneal Apophysitis)

What is Severs Disease?

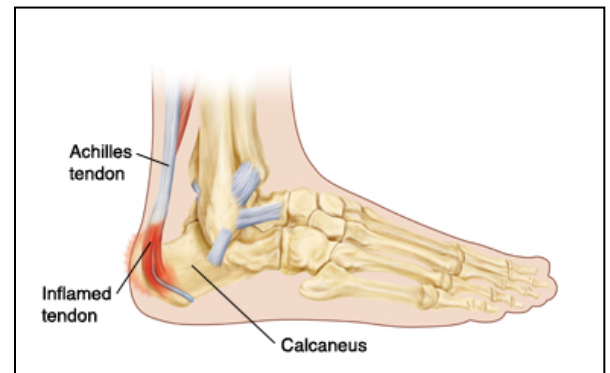
- Severs disease, also known as calcaneal apophysitis, is not a disease.
 - Severs disease is inflammation at the back of the heel at the growth center and attachment site of the Achilles tendon.
 - Typically occurs in rapidly growing children between ages 8-14.
 - Can occur in one or both feet.
 - Most often aggravated by physical activity

Causes:

- Pain and inflammation of Severs disease is caused by:
 - Repetitive stress on the Achilles tendon
 - The heel's growth center is sensitive to repeated running on hard surfaces.
 - Other potential causes consist of:
 - Tight Achilles tendon
 - Obesity
 - Biomechanical problems such as flat feet or high-arched foot

Signs and Symptoms:

- Patients with Severs disease can complain of:
 - Pain in the bottom or back of the heel
 - Pain/stiffness with walking
 - Increased pain while walking barefoot
 - Foot tiredness
 - Pain when squeezing the heel



Treatments:

- Various treatments of Severs disease include:
 - Support the heel with heel cups or orthotics with added cushion
 - Reduce activity
 - Physical therapy
 - Stretching the Achilles tendon
 - Anti-inflammatory medication for pain and inflammation



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