

## Exercises that your Physiotherapist may suggest you do:

### Hamstring Stretch



### Calf Stretch



Children's Orthopaedic Clinic, Phillips Parade  
Swansea - 01792 703010

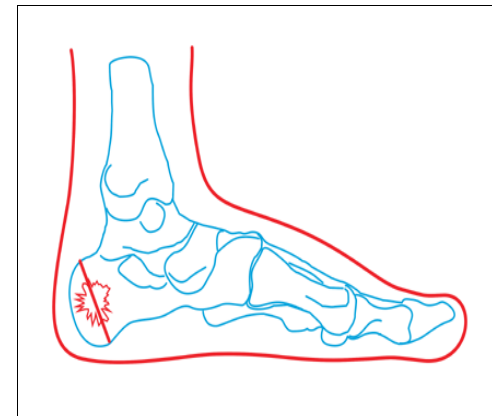
Children's Centre, Princess of Wales Hospital  
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Children's Centre, Neath Port Talbot Hospital  
Baglan - 01639 862713

Staff are available on the above numbers between:  
8.30am – 5.00pm (Monday to Thursday)  
8.30am – 4.30pm (Friday)

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## A guide to Sever's Disease



Information for Parents/Guardian

## Sever's Disease

Sever's Disease occurs in growing children where bones often grow faster than the muscles and tendons, become tight. Heel tendons may put too much pressure at the back of the heel causing pain and swelling.

## Causes

The tight Achilles tendon can pull on the growth plate in the heel during a child's growth phase. Sever's disease can sometimes start after an injury to the calf muscle or heel. The pain can increase after beginning a new sports season or activity.

## Age of onset

Sever's disease occurs in:

- More active children.
- The early part of the growth spurt; (early puberty).
- Boys and girls aged 10-12 years

## Home management

- Cut down or stop activity that causes pain.
- Avoid excessive running on hard surfaces.
- Apply ice wrapped in a cloth to the heel for ten minutes regularly especially after sport.
- Wearing shoes at home may be less painful than walking barefoot.

## Medical management

Medications for pain relief may help if the heel pain is severe.

Your Doctor may refer you to a Physiotherapist for advice and exercises.

## Your Physiotherapist can:

- Give you some strengthening and stretching exercises.
- Recommend shoe inserts to support the feet.
- Give advice about joining in and returning to sport.