

FACTSHEET

SEVERS DISEASE



WHAT IS IT?

Inflammation and painful irritation of the calcaneal (heel) growth plate in young children. Sever's disease is often caused by repetitive micro-trauma to the growth plate, usually related to excessive load on the heel.

RISK FACTORS

- Growth spurt
- High physical, loading-repetitive running and jumping
- Poorly cushioned footwear
- Running on hard surfaces
- Lower leg muscle tightness or weakness



SHORT TERM MANAGEMENT

- PEACE & LOVE: Injury protocols
- Icing: 2 x 20 minutes per day- especially after exercise
- Laser: pain relief, reduction of inflammation and accelerated tissue healing and regeneration of protective markers

24 Hour Tendon loading & activity modification:

- 😊 • Low and stable pain with an increase in load= continue current load
- 😐 • Mild provocation that settles down quickly (<3/10 pain, nil pain 24 hours later) = slightly reduce the load to 50-75% of current load
- 😞 • If pain has increased and not settled (>5/10 pain, nil changes 24 hours later) = deload and safely re-load

LONG TERM MANAGEMENT

Soft tissue management:

massage, dry needling and manual therapy

Exercise program:

lower leg and lumbopelvic stability-based exercise program to help treat and prevent further injury

Return to running:

gradual re-introduction to running protocols

Return to sport:

gradual and guided transition into sports specific activity