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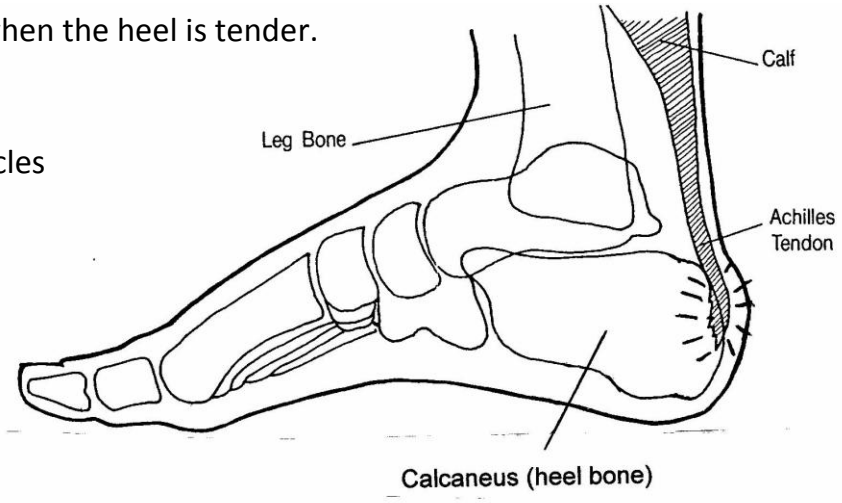
Sever's Disorder

Sever's is a condition that affects both boys and girls in an age range of 7 to 15 years. The incidence of the condition is generally higher in boys and commonly occurs around 10 years of age.

The child may have pain in one or both heels. Often the pain is induced by physical activity (particularly jumping or running), and may cause the child to limp afterwards.

Usually the pain settles overnight or after resting for a period of time.
The pain is thought to be caused by tension of the achilles tendon pulling on the heel bone (calcaneus) which is underdeveloped at this age. Pain may be concentrated at the back or sides of the heel. Sever's may begin following a growth spurt or from activity induced trauma of the heel. Often the tendons of the muscles attaching into the heel bone may be tight and inflamed.

The condition usually runs a course of approximately 1 to 2 years then resolves as the bone matures. During this time treatment is aimed at reducing pain and addressing any structural causes of the pain.

Treatment options:

- Modified activity: rest or decrease amount of jumping and running especially on hard surfaces.
- Ice: following activity when the heel is tender.
- Footwear
- Massage
- Stretching of tight muscles
- Heel lift or heel cup
- Strapping
- Wedges
- Supportive insoles
- Orthoses