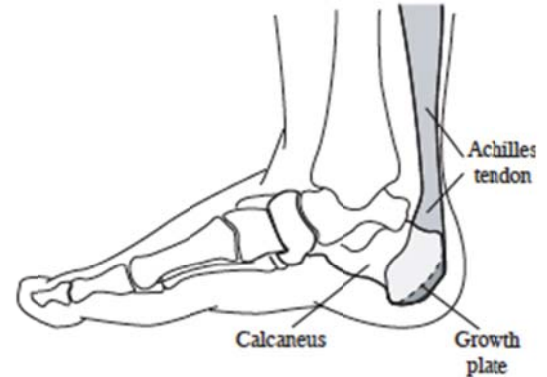


Sever's Syndrome

Description and Symptoms

- Sever's syndrome is a chronic irritation of the growth center of the heel at the Achille's Tendon (the calf muscle) insertion site
- This disorder is caused by repetitive contraction of the calf muscles and ill-fitting shoes results in disruption of the growth plate found on the heel resulting in pain. In severe cases, the growth plate may fracture and separate (avulse)
- Children 7 to 10 years of age and males are more commonly affected, but teenagers may be affected as well.
- Symptoms include pain localized at the heel of the affected limb that is worsened with activity and relieved with rest
- The syndrome is generally benign and resolves at or before the end of growth



Diagnostic Workup

- Examination of the foot reveals focused tenderness at the back of the heel with greatest intensity at the site of the calf muscle insertion.
- Commonly, there is limited ability to flex the affected foot towards the head (dorsiflexion) and difficulty walking on the heels of the feet, without difficulty walking on the toes
- Radiographs of the feet are standard

Treatment

- Shoe inserts – inserts that provide a heel lift and arch supports are beneficial
- Supportive shoes – running shoes with a firm sole and soft heel cushion are ideal
- Avoid wearing cleats – do not use cleats except during game activity
- Stretching exercises - heel cord stretching should be done two times per day



○ A heel cord stretch is accomplished by leaning the upper body against a wall with both hands, keeping the back leg straight while the foot remains flat on the floor and turned slightly outward. Lean in to the wall until a good stretch is felt in the calf