

SEVER'S DISEASE

School age children may experience a unique form of growing pains or intense fatigue called Sever's disease. With Sever's disease, the heel is exquisitely tender to palpation and the patient may limp. The pain is more noticeable after playing. The stiffness and limp are more noticeable in the morning.



Sclerotic heel bone growth center of "Sever's disease"

Several other painful conditions such as a fracture, tarsal coalition, rheumatoid arthritis, or tumor will be excluded with routine x-rays. In Sever's disease, the growth plate of the heel usually shows a dense white crescent shaped appearance. Eventually, this area fuses with the rest of the heel.

The treatment for Sever's disease is aimed at reducing the severity of pain with rest, ice, non-steroidal anti-inflammatory drugs, sorbathane arch inserts and Achilles' tendon stretching exercises. Eliminating running in stiff soled or cleated shoes may be helpful in reducing symptoms. Eliminating sports activities that involve rapid starting and stopping such as soccer or basketball can also reduce symptoms. After four to twelve weeks, most children can return to running. However, there are some children with a heightened sense of discomfort whose symptoms do not resolve until the growth plate has finished growing at twelve to fourteen years of age.



 OK Orthopedics for Kids

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