



### **CALCANEAL APOPHYSITIS (SEVER'S DISEASE)**

Your child has been diagnosed as having calcaneal apophysitis. This is a condition in which the back of the heel begins to close. As it does so, especially in an active individual, inflammation builds up because of the concurrent pull of the Achilles tendon and the plantar fascia.

The Achilles tendon is a structure located in back of the heel and the plantar fascia is a structure located on the bottom of the heel, which pull in different directions and allows this growth plate to move excessively and therefore begin to cause pain with activity. It is characterized by local inflammation and pain on activity. It is about four times as common in males than in females.

This condition usually spontaneously resolves between six months and two and a half years from the time of onset. It resolves because the growth plate begins to close. There are many ways of treating this. Usually, we like to begin with a stretching program for the Achilles tendon, a strengthening program for the small muscles on the bottom of the foot as well as using various inserts and/or heel lifts to take the pressure off the heels. This is combined with a "common sense" approach to restraining from activity when in pain so as not to injure another part of the foot and using ice or ice massage to control swelling when it occurs.

Occasionally, if this does become progressive or gets worse, orthotics can be useful in relaxing the plantar fascia. These are custom-made inserts which help in calcaneal apophysitis and flat feet. This condition normally responds very well to conservative management.

If you have any other questions regarding this condition, please contact our office.