

## **Injury Prevention Tip for:**

### **Sever's Disease**

#### **What is Sever's Disease?????**

- An over use injury to the growth plate of the heel; that usually occurs in the early stages of puberty.
- During this growing stage the bone grows faster than the muscles or tendons around it. As a result the muscles and tendons become tight making the heel area less flexible, this puts more stress and pull on the back of the heel. Excessive stress on the heel can result in Sever's Disease.

#### **Contributing Factors:**

- Abnormalities of the foot (flat, high arch, overpronation)
- Tight Achilles tendon or plantar fascia
- Overuse: new sport, new season, increase in activity and weight gain
- High impact sports, running on hard surfaces and improper footwear.

#### **Warning signs:**

- Plantar or heel pain, usually only when bearing weight and is relieved by rest.
- Difficulty walking correctly after rest.
- Squeezing the heel or pressing on plantar surface increases pain.
- Swelling or warmth.

#### **Treatments:**

- For mild symptoms: ice before and after activity, anti-inflammatory, stretching (hamstring, calf and plantar fascia)
- Avoid walking barefoot or in sandals and flip-flops.
- For moderate to Severe symptoms: limit activity
- For severe Symptoms: immobilize 2-3 weeks, return to sport 2-8 weeks.

#### **Prevention:**

- Stretching several times a day (hamstrings, calves and plantar fascia)
- Good quality shoes with firm support and shock-absorbent sole.
- Avoid hard surfaces while running.
- Add new activities or endurance training gradually.