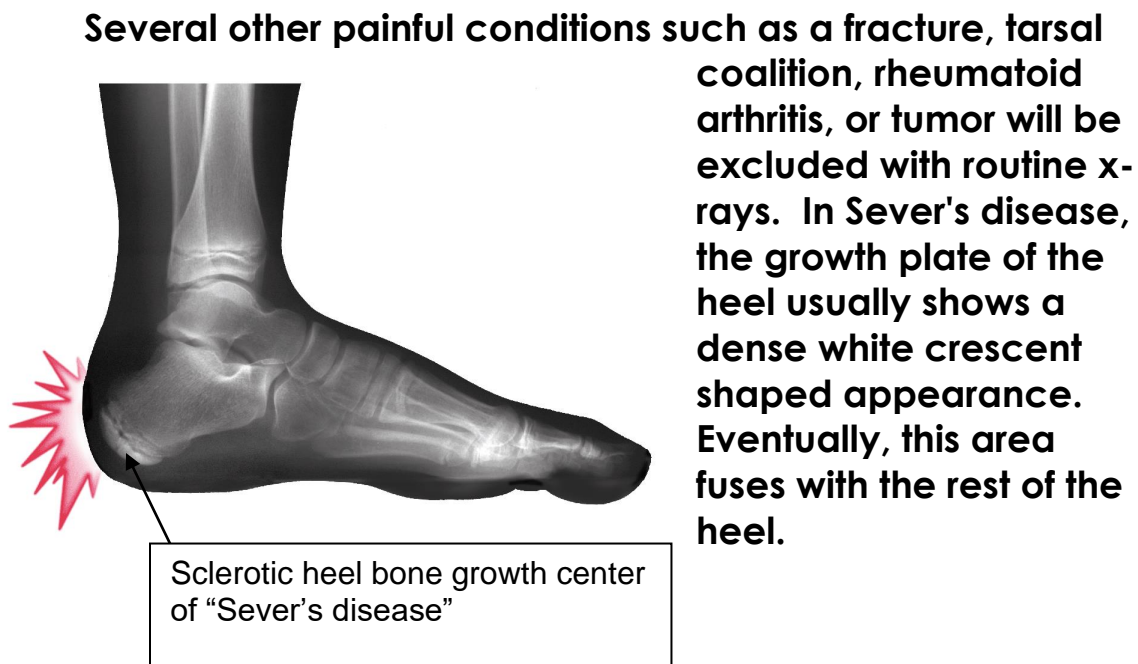


SEVER'S DISEASE

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



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 4 - 8 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 12-14 years of age.



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