

Sever's Disease Treatment Guidelines

Treatment

The following are different treatment options:

1. Rest and modify activity

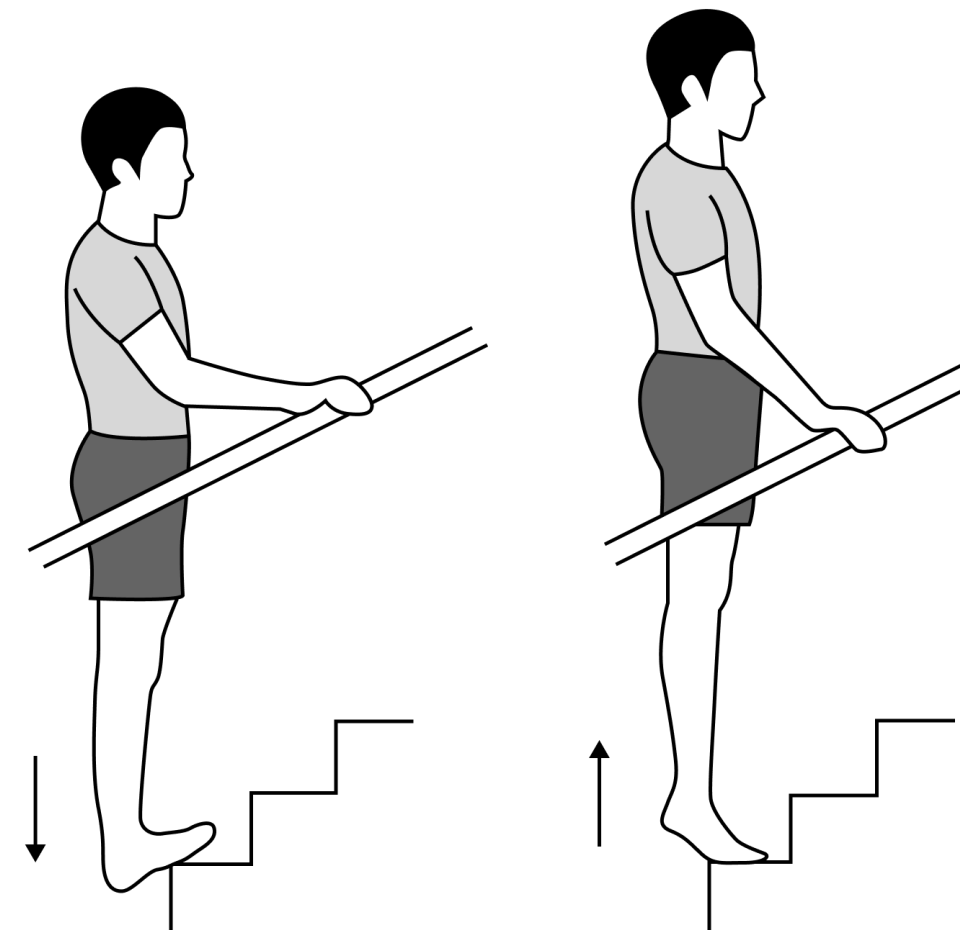
Limit running and high-impact activity to rest the heel and lessen the pain. Choose one running or jumping sport to play at a time. Substitute low-impact cross-training activities to maintain cardiovascular fitness. This can include biking, swimming, using a stair-climber or elliptical machine, rowing, or inline skating.

2. Reduce inflammation

Ice for at least 20 minutes after activity or when pain increases. Nonsteroidal anti-inflammatory drugs (NSAIDs) may also help.

3. Stretch the calf

Increase calf flexibility by doing calf stretches for 30 to 45 seconds several times per day.



4. Protect the heel

The shoe may need to be modified to provide the proper heel lift or arch support. Select a shoe with good arch support and heel lift if possible. Try heel lifts or heel cups in sports shoes, especially cleats. Try arch support in cleats if flat feet contribute to the problem.



5. Take it one step at a time

Gradually resume running and impact activities as symptoms allow.

Sever's disease usually goes away when the growth plate (apophysis) matures, which should be by age 12 to 13 years in females and 13 to 14 years in males.

Notes