

Sever's Syndrome (Heel Pain)



Your child is diagnosed with Sever's syndrome. This is an irritation of the growth plate in the heel. Growth plates within the heel bone can become irritated during or after a large growth spurt. Irritation can also happen when your child begins a new activity that adds more stress than usual to the Achilles tendon and heel.

Symptoms include:

- Pain at the heel or Achilles tendon
- Redness or swelling at the heel
- Pain with walking
- Tightness in calf muscles
- Lack of strength in painful leg

Common treatments include:

- Rest
- Ice
- Stretching
- Shoe inserts (orthotics)
- Physical therapy

Your child should avoid jumping, running, wearing shoes that could increase the pressure on the heel, and any activities that cause pain.

Exercises for Sever's syndrome

Begin doing these exercises until your child's visit with a physical therapist. Exercises should be pain free. If pain worsens, stop the exercises. These exercise pictures may use a nylon belt, but your child may use a towel at home.

Calf stretch with towel

1. Sit on a hard surface with the leg stretched out in front.
2. Wrap a towel around the ball of the foot and pull the towel until a calf stretch is felt.
3. Keeping the knee straight, hold for 30 seconds.

Do the stretch 3 to 5 times a day.



To Learn More

- Sports Physical Therapy
206-987-6400
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
3. Hold for 30 seconds.

Do the stretch 2 to 3 times a day on both sides.



Heel raises

1. Stand using a stable surface (chair or counter) for balance.
2. Slowly rise up on toes, then slowly lower down to the ground.

Repeat 2 sets of 10.



Balance on one leg

1. Stand on a level surface.
2. Lift up one leg and balance for 30 seconds. Keep hips level.

Repeat 3 times on each leg.

