



## **Stay in the Game**

### **Sever's Disease**

*There are many reasons for your athlete to have heel pain.*

This article will give you some background on a very specific pathology called Sever's disease. Sever's disease is most common in young athletes during a growth spurt (males 10-12 and females 9-11). It comes from overuse or repetitive motions. Your athlete will begin with mild heel pain that will progress until they rest.

More than half the time when an athlete gets Sever's disease on one side, they will get it to a lesser degree on the opposite side. The thought of the injury is as the Achilles tendon repetitively pulls on the heel bone, there is shear force on the growth plate. This causes microtrauma to the growth plate.

This injury is like a fracture of the growth plate of the heel. Fractures in general take 6 weeks to heal. Your athlete may feel better in 2 weeks, but if they return to the same activity too soon their symptoms will return.

Once the athlete is completely asymptomatic they should gradually return to sport. My rule of thumb is to return the athlete back to competition using the 25% rule. Once they have no pain they will increase their level of participation by 25% each week. Once they are at 100% in practice, then they can return to full competition without restrictions.

One of the most important things to remember if your athlete has an antalgic running gait (limping to avoid pain while running) they need to sit out until they are evaluated.

To make an appointment, call us at 603.625.GOAL and we'll see you within 1-2 days.

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