Podiatry Services
Patient Information Leaflet

Sever's Disease
(Calcaneal Apophysitis)
(V2 November 2026)

What is Sever's Disease?
Sever's disease is a pain in one or both of the heels when walking or typically during or after activity. The pain comes from the area between the sections of bone that make up the heel in growing children. As you go through a growth spurt the Achilles tendon pulls on the back of the heel bone. This causes inflammation at the growth plate (an area of developing bone) in the heel.

The reason the tendon can be tight is that the bones grow faster than the muscles. It commonly affects:
- Boys between 8 to 10 years old
- Girls between 10 and 12 years old
- Children during or after a growth spurt
- Children involved in sports, particularly those that involve running and jumping.

How can Sever's be managed?
There is nothing you can do to stop Sever's, it will stop when the child stops growing. However, the following will help to relieve the symptoms.

Rest	• Cut down on the time you spend playing sport until that pain has gone • Avoid sports that involve a lot of running and jumping • Swimming can be a useful alternative
Ice	• Ice the affected area for 10-15 minutes especially after activity • Make sure you protect the skin by wrapping the ice in a towel
Elevation	• Raise the affected foot if painful and swollen especially after sports
Pain Relief	• Pain relieving medication maybe used to reduce pain or swelling, but you should discuss options with a pharmacist or GP
Footwear	• Avoid activities in bare feet • Wear footwear that is supportive around the heel, cushioning with a thick sole and a secure fastening

Calf Stretching Exercises

- **Gastrocnemius stretch**
  Place one foot in front of the other with both feet facing forward. Bend the front leg and keep the back leg straight with heel on the floor. Hold for 30 seconds and repeat 4X each leg.

- **Soleus Stretch**
  Place one foot in front of the other with both feet facing forwards. Bend both knees and move your weight onto your toes keeping heels flat to the floor. Hold for 30 seconds and repeat 4X each leg.

If you have any questions about the information in this leaflet, please contact Podiatry Services. Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:
www.livewellsouthwest.co.uk/project/podiatry

Contact Details

Podiatry Services
Beauchamp Centre
Mount Gould Hospital
200 Mount Gould Road
Plymouth
PL4 7QD

Tel: 01752 434855
Email: livewell.podiatrypatients@nhs.net