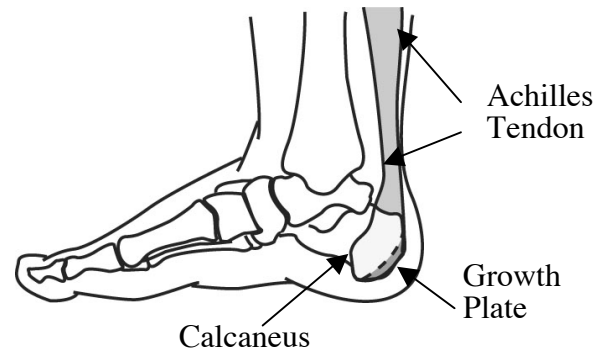




Sever's Syndrome



Introduction:

Sever's syndrome is a soft tissue disorder involving the Achilles tendon insertion into the calcaneal apophysis (heel bone growth center). This represents an irritation of growth center at the back of the heel. This disorder is more prevalent in males who are very active. It is usually seen in children 7-10 years of age but can be found in teenagers. One or both heels can be involved. The patients present with complaints of pain after activity with the development of a limp. It becomes worse during soccer, baseball and football seasons from the use of cleats.

Examination:

Examination of the area reveals local tenderness at the back of the heel, generally at the insertion of the tendo achilles. The tendo achilles is taut, so that dorsiflexion of the ankle is limited to a right angle or less. The patient will generally have pain when asked to walk on their heels and no pain when asked to walk on their toes. X-ray: usually normal.



TuliGel heel cup

Treatment:

Treatment of the condition involves the following:

1. Inserts – Heel cups, Gel pads, and Arch supports.
2. Shoes – Running shoes are best with a firm counter and soft cushioned heel.
3. Exercises – Heel cord stretching should be done 2 times per day.
4. Cleats – Discontinue the use of cleats except while involved in game activity.

Summary:

Severs syndrome is generally self limiting and resolves by the end of growth or before. It occurs at the insertion of the Achilles Tendon to the Calcaneal apophysis (heel bone growth center), and is treated with good running shoes, shoe inserts, stretching, and avoiding the use of cleats whenever possible.

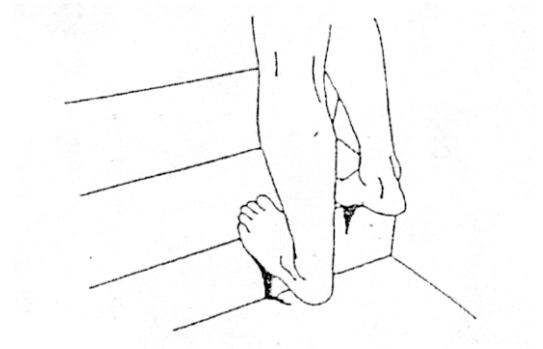
Gastrocnoleous Stretch

1. Stand **one** arm length from the wall as shown. Place calf muscle to be stretched behind you as shown.
2. Turn the **toes in** and **heel out** of the leg to be stretched.
3. Lean toward wall leading with your waist, allowing your arms to bend. **Keep your heel on the floor.**
4. First do this exercise with the knee straight, and then bend the knee slightly. Keep your heel on the floor at all times.
5. Hold this position for 10 seconds.
6. Repeat exercise 10 times, 2-3 times per day.

Ankle/Foot – Plantar Fascia Stretch

Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold 10 seconds.
Repeat 10 times.
Do 2-3 session per day.



Ankle/Foot – Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold 10 seconds.
Repeat 10 times.
Do 2-3 session per day.



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