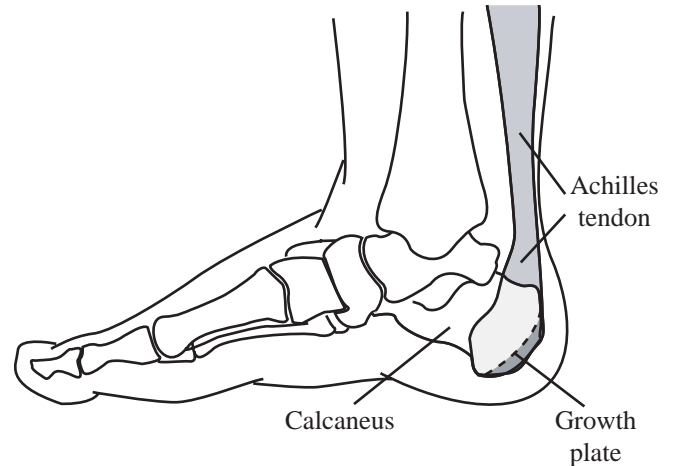


## Sever's Syndrome

### 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-rays are usually normal.



Gel heel cups

### 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.

### Heel cord stretch

Keeping back leg straight. with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_\_ seconds  
Repeat \_\_\_\_\_ times  
Do \_\_\_\_\_ session per day

