

## Children with Heel pain.

Does your child report difficulty playing sports because of pain in their heels? Do they hurt when they run? Your child could have Sever's Calcaneal Apophysitis.

Sever's Calcaneal Apophysitis is a common foot condition that affects children between the ages of nine and eleven, but can extend beyond these ages. Sever's is an overuse type of injury that results in pain to the growth plate in a child's heel bone. This injury to the growth plate in many instances accompanies a child's growth spurt. The bone is growing faster than the Achilles tendon can stretch. The symptoms can cause difficulty or an inability to participate in certain activities such as walking, running or jumping. Pain is most commonly reported with running sports like baseball, football, basketball and soccer.

If your child is experiencing pain in their heel with activity please see a podiatrist. The podiatrist will perform a squeeze test over the growth plate of the heel bone. X-rays are also used to confirm the diagnosis and help rule out other possible causes for heel pain such as plantar fasciitis, Achilles tendonitis, a bone bruise, or fracture. Once the diagnosis is confirmed treatment options will be discussed in detail. Treatment usually consists of strapping, offloading, splints, stretching, medicinal anti-inflammatories, shoe alteration and padding and in more resistant cases physical therapy.

Sever's is a self limiting condition that will resolve itself when the growth plate fuses. This does not typically occur until the age of 18. The discomfort will not allow children to comfortably participate in activity. Therefore we can not just wait for the growth plate to fuse.

Please get your child to a podiatrist today to stop the pain. They can not reach their maximum potential while suffering from Sever's and in more severe cases will be unable to continue playing sports.