

## Calcaneal Apophysitis

Calcaneal apophysitis, also known as “Sever’s disease”, is an inflammation of the growth plate in the back of the heel bone. It is a common ailment in age groups 8-12. It occurs when there is an imbalance between the growth of the heel bone and the lengthening of the Achilles tendon.

Treatment includes:

1. **STRETCHING**- Calf stretches 3-5 times/day, especially **before** any sports. See the figure below:



2. **Ice** 2-3 times/day at 15 minute intervals, especially **after** any sports.
3. Wear appropriate, **supportive shoe gear**. Avoid bare feet, flip-flops, and unsupportive shoes like Vans and Converse sneakers.
4. Wear **sport orthotics** as directed by doctor.
5. Take **anti-inflammatories** as directed by doctor before and after sports.
6. Wear **heel lift** in shoe if directed by doctor.
7. Temporarily discontinue any sports that aggravate this condition (i.e. soccer, basketball, track) and try switching to a non-impact activity like swimming, biking, etc. until the pain resolves.

This may take several weeks to months to resolve completely. If you do not notice any improvement within a few weeks of starting the above regimen, there are more aggressive treatment options available. We can discuss them at that time.