

# HEEL PAIN

## in children

### WHAT IS CALCANEAL APOPHYSITIS?

Calcaneal Apophysitis - also known as Sever's Disease - is an inflammatory condition that affects the calcaneus (heel bone) and causes pain.

This condition is seen in particularly active children, resulting in intense heel pain that impacts their ability to participate in sports and other physical activities.

Heel pain worsens during or immediately after exercise and is relieved by rest.

Some children may also develop a limp or suddenly walk on their tip-toes.

Calcaneal Apophysitis initially presents after a growth spurt when the long lower leg bones grow quickly, but the calf muscles do not.

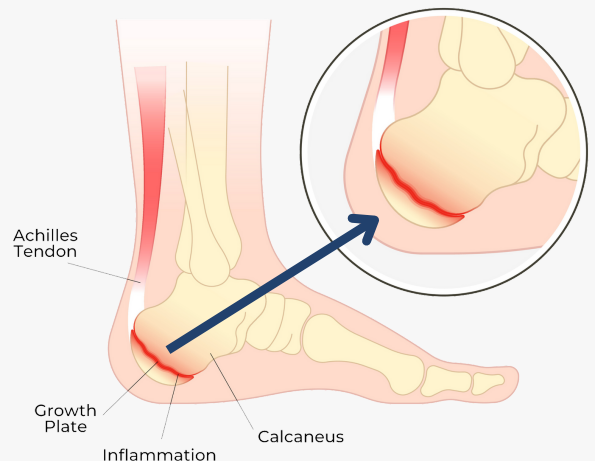
The tight calf muscles – which insert into the calcaneus via the Achilles Tendon – pull on the calcaneus, creating a traction force through the growth plate.

This force causes micro-trauma, leading to inflammation and pain in the calcaneal growth plate.

**Consult your podiatrist if your child is experiencing heel pain, as they will help to manage this painful condition.**

### RISK FACTORS

- Common between the ages of 8-to-13 when children are growing quickly.
- High physical activity levels.
- High-impact activities, especially running and/or jumping sports.
- Tight calf muscles.
- Ankle joint restrictions.
- Abnormal foot biomechanics.
- Footwear - particularly soccer boots - with a "negative heel." Please refer to our football boot information sheet for more details.



The material in this brochure is for general information purposes only.  
Please consult your podiatrist for specific individual advice.