

FACT SHEET

Severs Disease

Severs disease is a common cause of heel pain in childhood especially in active kids involved in running and jumping sports. The child may develop a limp or complain of pain during or after activity.

Diagnosis of this condition is important in learning how to manage the symptoms as your child grows.

Continuing sport may make the pain worse so to reduce pain they will need to modify load and learn how to stretch and unload the affected muscle to manage the pain.

If your child is suffering from symptoms like this, come and see our Physios who work with children for assessment and management today.

