

Sever's Lesion

A Sever's lesion is a condition that affects where the tendon inserts into the bone. This condition is very common in adolescents especially at the time of a growth spurt and an increase in the volume of weight-bearing activities, usually between the ages of 7 and 14yrs old. As the young athlete's bones grow at an accelerated rate the calf muscles fail to lengthen at the same rate and are put on stretch. This adds tension to the attachment of the achilles tendon which has a pulling effect on the underlying growth plate at the calcaneus (heel bone).

Activity related pain can be present from the back of the heel to underneath the sole of the foot. The calf muscles will usually be tight. In highly active children this can cause a significant amount of pain, especially in sports involving running, jumping and explosive leg movements.

Once identified treatment is focused on conservative management of the injury. Pain on activity can last anywhere from 6 to 12mths. Management of these conditions centres around activity modification. Although rest will not speed up the healing process, a reduction in explosive and weight-bearing activity will result in reduction of pain.



Stretching of the affected muscles will be important but must be carefully prescribed as the condition progresses so as not to increase the strain on the affected area. A biomechanical assessment is essential and may reveal an asymmetry or dysfunction which when corrected can dramatically reduce the stress on the tendon. A heel lift/heel cup and supportive footwear (good shoes/trainers/boots) are usually prescribed to reduce tension on the achilles.

Treatments:

- Ice 10min (especially when inflamed and acute) – 4 to 6 x p/day
- Use of anti-inflammatory medication to reduce the initial inflammation
- Heel lift /heel cup and/or orthotics as well as appropriate and supportive footwear
- Activity modification – reduction of weight-bearing activities for between 3 – 8 weeks
- Massage
- Taping to unload the heel
- Appropriate Stretches – when pain free
- Appropriate Strengthening exercises - when pain free