THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

HEEL PAIN THAT HOLDS YOU BACK: MEET SEVER'S DISEASE

Why growing heels get sore, and how to stay active without making it worse





Is your child complaining of heel pain when running, jumping or playing sport? It could be Sever's disease, one of the most common causes of heel pain in growing children and adolescents.

Sever's disease is the irritation of the growth plate at the back of the heel bone. During growth spurts, the combination of growing bones, tight muscles and repetitive impact from sport can place extra stress on this area, causing pain.

While symptoms may ease with rest, they can return when activity resumes. Pushing through ongoing pain can prolong recovery and affect the way your child runs, jumps and moves.







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WHAT YOU SHOULD DO ABOUT IT.

- **Rest & Load Management:** Work with your physio to find the right balance between activity and recovery. Some children may need a temporary break from high-impact sport.
- **Footwear & Cushioning:** Supportive shoes and heel cups can help reduce impact and improve comfort.
- **Calf & Lower Leg Strength:** Strengthening the muscles involved in running and jumping helps the legs cope with sporting demands.
- **Stretching & Mobility:** Gentle calf and ankle stretches can help address tightness, provided they don't cause pain.
- **Balance Work:** Single-leg exercises improve stability, control and movement.

WHEN SHOULD YOU SEEK HELP?

If your child is experiencing ongoing or recurring heel pain, particularly during or after sport, it's worth getting it checked. Pain that causes limping, limits activity or makes everyday walking uncomfortable shouldn't be ignored.

If heel pain is holding your child back, our physio team can help guide their recovery and return to sport.