

## Sever's Disease

**Sever's Disease** is a common cause of heel pain in children, often due to inflammation of the growth plate in the heel, typically during growth spurts. It's more common in active children involved in running or jumping sports, but less active children can still experience it.

### Key Rehabilitation Points:

- **Avoid aggravating activities** until rehabilitation allows them to become tolerable.
- **Reduce tightness** in the calf to alleviate strain on the Achilles tendon.
- **Strengthen the lower extremities** to improve load tolerance and return to activity.

### Exercise Principles:

1. **Decrease Calf Tightness:** Use massage and gentle stretching to relieve tension.
2. **Progressive Strengthening:** Start with non-weight-bearing exercises and gradually transition to weight-bearing as pain improves.
3. **Gradual Return to Activity:** Increase activity by **10% per week**, ensuring no recurrence of pain.

**Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.**

Level 1

1. Ankle Dorsiflexion Stretch (Belt)



Sets: 3  
 Hold: 30 Seconds  
 Frequency: Daily

2. Calf Release (Foam Roller)



Sets: 1  
 Duration: 1 Min - 5 Min  
 Frequency: Daily

3. Hamstrings Stretch (Belt)



Sets: 3  
 Hold: 30 Seconds  
 Frequency: Daily

4. Hamstring Release (Foam Roller)



Sets: 1  
 Duration: 1 Min - 5 Mins  
 Frequency: Daily

5. Ankle Circles



Sets: 3  
 Duration: 20-30 Seconds  
 Frequency: Daily

Level 2

1. Gastrocs Stretch (Wall)



Sets: 3  
Duration: 30 Seconds  
Frequency: Daily

2. Soleus Stretch (Wall)



Sets: 3  
Duration: 30  
Frequency: Daily

3. Foot Arch Intrinsic



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

4. Foot Scrunching (Towel)



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

5. Ankle Inversion Concentric (Band)



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

6. Ankle Eversion Concentric (Band)



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

Level 3

1. Calf Raise | Bilateral (Chair)



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

2. Bunny Hop



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

3. Single Leg Balance (Foam)



Sets: 3  
Hold: 30 seconds  
Frequency: Alternate Days

4. Squat



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

5. Forward Lunge



Sets: 3  
Reps: 8-15  
Frequency: Alternate Days

Return To Activity / Achieving Your #RISEABOVE Goal(s)