

Is there cause for concern?

Apophysitis is a condition that only affects children, typically it lasts for a few months and it leaves no lasting effects when managed correctly. However, if your child does not rest appropriately there is a risk this can lead to further injury.

Pain?

If muscle pain after exercise is a problem, your child **should not** stop being active. Instead modify the activity or the **amount** of activity your child is doing and see if this helps. Once you have found your child's pain free exercise tolerance, gradually increase activities in order to allow the muscles time to adjust. Do not do too much activity on one day, spread it throughout the week. This can take time and patience.

Seek advice from your GP if you are concerned that your child is experiencing constant unrelenting or severe pain.

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This leaflet is available in an alternative format on request.



Apophysitis (Severs)

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What is Severs Apophysitis?

An Apophysitis is a common condition in children affecting children during the ages of 8-15. Boys are affected more commonly than girls.

It is described as pain where a tendon attaches muscle to a bone that is growing.

When bones grow quickly, the muscles and tendons can become tight and can irritate the growth plate causing pain and inflammation. This is known as an Apophysitis and is also known as Severs when it affects the bony bit at the back of your heel.

Common Causes:

- Growth related muscle tightness
- Too much physical activity in one sport or activity
- Participating in multiple sports across a season
- All year round sports with no break
- A sudden change in physical activity
- Following a period of immobility or injury

What are the symptoms?

- Pain on the bony bit at the bottom and back of the heel where the large calf muscle's tendon attaches.
- Generally starts slowly and gradually progresses.
- It is made worse with activity and can cause the child to limp if they do too much sport with it.

What can I do to help?

ICE: massage in a damp cloth over the painful bit to protect the skin for 5-10 minutes 3-5 times daily.

Modified Rest: Sports or PE only within painfree limits or chose activities that are less impact for a short time to allow recovery

Pain relief: anti-inflammatory medication (always check with your GP / Pharmacist which medication your child can take)

Exercises: Tight muscles will need to be stretched gently to prevent increased pain. An example of common stretches for this condition can be found online click [here](#).

Graded Return to sports: only as pain allows!

