

# Understanding Sever's Disease: The Impact on Young Athletes

In this blog we look at and breaking down Sever's Disease.

## Have you ever heard of or seen Sever's?

Sever's Disease is a condition which develops over the calcaneal apophysitis due to repetitive microtrauma because of the traction of the achilles over this area. In simple terms, Sever's is a condition due to an increased load at the point where the Achilles tendon meets with the base of the heel.

## Causes of Sever's

The cause of Sever's commonly occurs from an increase of sporting or physical load. Sever's is an Osteochondrosis; (self-limiting development of normal bone growth as covered in our previous blog) often this results from repetitive running and jumping.

## Symptoms and Diagnosis of Sever's

A subjective examination which typically will demonstrate the patient as being young and will present with a spike in physical activity.

Patients with Sever's will also present with localised and specific tenderness on palpation over the calcaneal apophysis (directly over the heel bone). Swelling due to the increase in load the athlete may be undertaking may also be present over this area despite it being a non-inflammatory condition.

To keep reading, head on over to Carlingford Active Health's website for the full blog:  
<http://www.carlingfordactivehealth.com.au/news/understanding-severs-disease-the-impact-on-young-athletes/>

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