

Calcaneal Apophysitis – Sever's Disease



Calcaneal apophysitis is inflammation of the calcaneal growth plate that results in pain and disability

Calcaneal apophysitis usually occurs in children ages 10 – 14 prior to fusing of the plate. It can be associated with repetitive stress or with

conditions that cause increased tension or traction on the Achilles tendon, such as equinus or excessive pronation. It usually presents in very active children and adolescents where undue stress and activity exceed the rate of growth/support of the growth plate

Recommended Orthotic Construction

- Semi-Rigid Shell
- Deep Heel Cup
- Heel Life
- Cushioning at the heel

