

# Child & Adolescent Ankle Pain



CRYSTAL PALACE  
PHYSIO GROUP

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Making People Better

## What is it?

- An **inflammation** of the heel bone or the 'calcaneous apophyseal' joint and growth plate
- The condition is also known as **Calcaneal apophysitis** or **Sever's Disease**
- It is the most common cause of heel pain in young athletes
- It is often due to be repetitive micro-trauma as the Achilles tendon pulls against the growth plate

## When does it hurt?

- It commonly hurts during or after sport, particularly sprinting and jumping
- It may coincide with a sharp increase in sport and/ or a growth spurt

## What can I do?

- **Rest** from unnecessary activity that aggravates your pain for a couple of days
- **Ice** or heat can help with pain relief
- **Elevate** your heel as often as possible





## Seek specialist physiotherapy assessment and advice on how to:

- **Modify** sporting activities
- **Stretching** exercises
- **Strengthening** exercises
- **Manual therapy**

## How long does it take to get better?

The pain usually resolves with physiotherapy treatment and advice within 6 months

## Contact us now

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