

Sever's Syndrome

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Introduction

Sever's syndrome is a painful heel condition that affects growing adolescents between the ages of nine and 14. In this condition, the growing part of the heelbone grows faster than the tendon that connects on the back of the heel. This tightens up the tendon and creates tension where it attaches to the heel. Eventually, the tension causes the area to become inflamed and painful. Fortunately, the condition is not serious. It is usually only temporary.

Youth who play running and jumping sports are most prone to this problem. Sever's syndrome used to happen mostly in boys. But with more girls playing sports, boys and girls are now affected equally. Both heels hurt in more than half the cases.

This guide will help you understand

- what part of the heel is involved
- what causes the condition
- what treatment options are available

Anatomy

What part of the heel is affected?

Sever's syndrome affects the bone growth center in the back of the heelbone (the calcaneus). The Achilles tendon connects the calf muscles in the back of the lower leg to the back of the calcaneus. (Tendons attach muscles to bones.)

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