

# Four Facts About **SEVER'S DISEASE** (Calcaneal Apophysitis)

Most common in 8-13 year-old girls and 10-15 year-old boys.

Rest is the most beneficial treatment.

Most common in high impact sports.



Pain occurs at the growth plate in the heel and is typically caused by growth spurts.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.