E-Poster

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Epidemiological and Clinical Study of Sever's Disease in Rehabilitation Department

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Sever's disease (SD) is a common cause of heel pain in children and adolescents, particularly those who are active in sports or physical activities. The risk factors are varied. The treatment is symptomatic, but it must be above all preventive. The aim of our study was to describe the epidemiological and clinical characteristics and to determine the therapeutic modalities of (SD) in rehabilitation department.

METHODS

Descriptive cross-sectional study involving children examined for heel pain related to Sever's disease from 2020 to 2024. We determined the epidemiological and clinical characteristics, and therapeutic modalities.

RESULTS

The study comprised nine patients, with an average age of 10 years and a sex ratio of 3.5. Overweight and morphostatic foot disorders were the two main risk factors noted. Heel pain was often bilateral and asymmetric. X-rays revealed non specific signs of hyper-condensation and/or fissuring in seven children. Management consisted essentially in stopping sports activities, prescription of analgesics and/or non-steroidal anti-inflammatory drugs (NSAIDs), and rehabilitation with the use of foot orthoses. The evolution was favorable with resumption of sports activity after a median of 12 months in two patients. One boy developed Achilles tendonitis one year after the onset of symptoms.

CONCLUSION

Although preventive treatment is the most important component in the management of SD, there is no denying in the effectiveness of rehabilitation. Understanding Sever's disease and its causes helps in managing this common condition and ensuring a quick return to normal activity for affected children.

Statement of Disclosures

None

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