

A Case of Sever Disease

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INTRODUCTION:

Sever's disease, also known as calcaneal apophysitis, is most commonly found in children between the ages of 8-15. Sever's disease is a direct result of multiple microtrauma to the secondary ossification centre by traction of the Achilles tendon insertion on the calcaneus.

REPORT:

10 years old healthy girl, presented with pain over bilateral ankle after alleged fall from 3 steps of stairs. She was pushed by her sibling from the back and she landed in heel first position. Clinically there was no swelling or deformity, but there was tenderness over bilateral calcaneal region. Range of movement of the ankle was full.

X-ray of bilateral ankle showed no obvious fracture with unfused calcaneum. Patient was treated with analgesia (NSAIDs) and reassurance was given to parents. She was subsequently followed up in the clinic and she showed improvement in regards to pain after resting at home.



Figure 1: AP and lateral view of right ankle x-rays.



Figure 2: AP and lateral view of left ankle x-rays.



Figure 3: Patient in toe walking gait.

CONCLUSION:

Sever's disease can be diagnosed clinically based on presentation and simple radiographs. Management for such patients includes pain control and anti-inflammatory drugs.

REFERENCES:

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