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In this issue: Pediatric Heel Pain, How to Elevate Your Foot
One-Two Punch to Knock Out Foot Pain, Blog Post Updates and more.

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Pediatric Heel Pain: Sever's Disease

Kids get heel pain, too. Heel pain in adults is usually significantly different than heel pain in children. The most common cause of heel pain in adults is plantar fascia inflammation or degeneration. The most common cause of heel pain in children is Sever's disease. This is a type of bone injury that occurs on the growth plate of the heel bone. This area is particularly sensitive to injury because of several factors.

1. **Crushing weight-bearing forces:** The actual shock that impacts the heel during a step can be up to 3 times the body weight. In a child that that means 2-300 pounds of force distributed over an area about an inch in diameter. Multiply that by only 2000 steps a day : $2000 \times 200 = 400,000$ lbs on the heel every day. Active kids (and they all should be active) can do 10,000 steps a day (2 million pounds).
2. **The monster Achilles:** The Achilles tendon is responsible for propelling the body forward. When walking, it loads to nearly 4 times your body weight every step. When running, it loads to nearly 8 times your body weight every step. The Achilles tendon is working even when you are standing still. It is by far the largest and strongest tendon in the body, pulling on an area about the size of a quarter.
3. **The Plantar fascia:** There is a tight ligament on the bottom of your foot that holds the arch up. This ligament puts a lot of stress on the heel bone.
4. **The Growth Plate.** Literally 5 mm away from all this stress is a soft cartilage plate where the heel bone grows. This closes at age 13-15 in girls and 15-17 in boys. Until that closes, this area is prone to injury.

Who gets it? Any child can get Sever's disease but kids that are active or overweight are particularly at risk. Hard shoes or cleats are also problematic.

Prevention: Cushioned shoes, good arch supports, and avoidance of activities on hard surfaces can all help lower the frequency of Sever's disease

Treatment: The first thing to do is avoid the stresses that cause the condition. Discontinue aggravating activities and avoid hard shoes. Rest, ice and ibuprofen can be helpful. Using a good arch support with some cushion is very helpful. This biomechanical control can lower the stresses going through the heel bone.

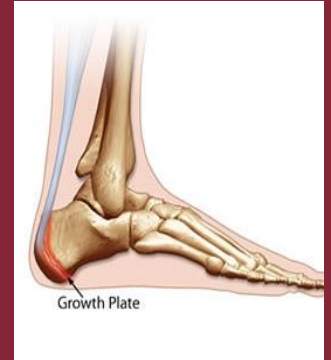
Immobilization: Sometimes casting and non-weight bearing are needed. This is rare but sometime necessary.

Prognosis: Most of the time this disease is treatable without too much interruption in your child's activity level. Once the child is full grown the symptoms usually go away or become much more tolerable.

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Sever's Disease



The most obvious sign of Sever's disease is pain or tenderness in one or both heels, usually at the back. The pain also might extend to the sides and bottom of the heel, ending near the arch of the foot.

A child may also have the following associated symptoms: swelling and redness in the heel.

This disease falls into a category of diseases called osteochondritis dessicans. This disease affects many different bones in the body. This basically means blood supply to the bone is compromised and the bone dies or is unable to adequately repair itself.

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DARREN J. SILVESTER, DPM

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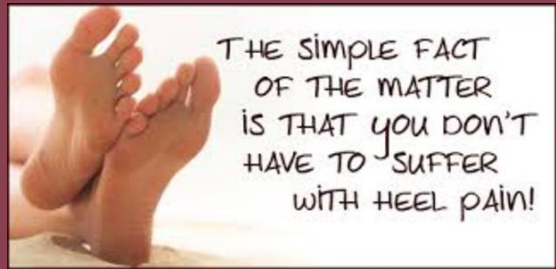
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Please note: Our offices will be closed
June 9, 22, and 23 for professional training.



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What Does Elevate Your Foot Mean?



The foot must be above the head.
The second image is better than the first. The higher the better. Notice that the person is laying flat, with the feet above the level of their head.



The One-Two Punch to Knock Out Foot Pain



Shockwave Therapy



MLS Laser Therapy

Shockwave Therapy followed by MLS Laser Therapy

The Most Advanced Technology for Healing Foot Pain at the Cellular Level

The concept of combining these 2 very effective, non-invasive therapies is based on what happens at the cellular level. Shockwave Therapy basically initiates microtrauma to the cells, stimulating the release of growth factors which cause the tissue to begin the healing process. When followed by MLS Laser Therapy, this causes a tremendous uptick in energy available for cells to repair themselves. Using these 2 therapies in succession allows the tissues to heal themselves rapidly and definitively – knocking out foot pain.

We have been using this one-two punch combination for several months with a very good success rate in our patients. We don't recommend it for everyone but if you have been struggling for months with foot pain and have tried some traditional, low-tech treatments like stretching, icing, arch supports, medications, or injections and are not getting better give us a call. Maybe you need a more modern approach to your foot pain.



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