# Help! My Child has Heel Pain ...



## Helpful tips to keep children off the sidelines





The condition can commonly cause pain in one or both heels during and after exercise



Physically active children aged 8-14 years who participate in running and jumping sports are most often affected (James, Williams & Haines, 2010)

Tight calf muscles, flat feet and obesity are risk factors for sever's disease (James, Williams, Luscombe, Hunter & Haines, 2015)

### FOOTWEAR

Good footwear assists in proper alignment of the feet, reducing load on the achilles tendon and heel





(Becerro-de-Bengoa-Vallejo, Losa-Iglesias & Rodriguez-Sanz, 2014) Heel lifts or orthotics prescribed by a podiatrist reduces strain on the achilles tendon and growth plate

#### ACTIVITY MODIFICATIONS

#### Modifying children's activities to prevent excessive repetitive impact on the heel can help reduce symptoms

(Chambers & Haggerty, 2006)

#### References

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### Ask a podiatrist for help managing your child's heel pain

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