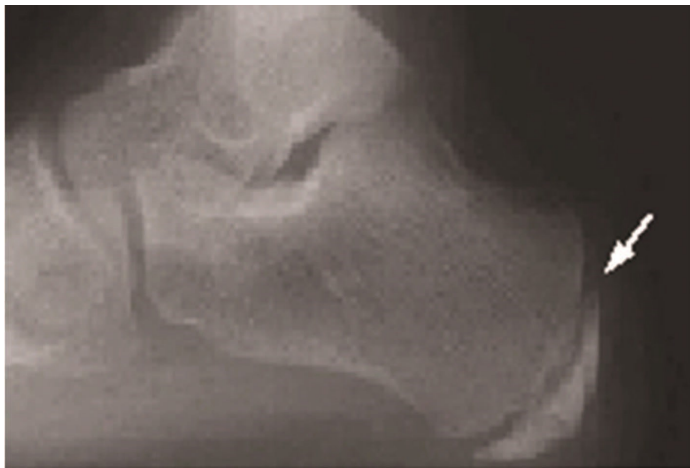


## Heel Pain in Young People: Information for parents

### Introduction

Heel pain is common in young people between the ages of 10 and 14. It is usually a result of irritation to the growth plate at the back of the heel bone. If the muscles do not keep up with the rate of bone growth as the child grows, there may be increased stress through the muscle attachment at the heel.



### What can I do?

- Adjust sporting activity to a level that controls your pain
- A heel pad may be helpful in the short term. Avoid bare foot walking, even in the house
- Use of ice packs
- Stretching the muscles in the lower leg often relieves the symptoms



Leaning forward against the wall, with toes pointing forward, stretch your heels towards the floor.

You should feel a stretch in the back of your calves.

Hold for 30 seconds, repeat 5 times.

### The Facts

- Heel pain can be known as Sever's
- There are no known long-term effects
- Often aggravated by muscle tightness in the lower leg
- It is often due to overuse or repeated irritation from high levels of sporting activity
- Pain is often felt underneath the heel bone. Squeezing both sides of the affected heel is often painful

Stand with one foot in front of the other and your feet hip width apart. Bend your front knee slowly, keeping your knee over your toes, while also keeping your back leg straight and your heel on the ground. You should feel a stretch in the calf of your back leg.

Hold for 30 seconds, five times on each leg.



Heel pain is usually eased by following the above guidance.

However, in a few cases pain may persist until the growth plate fuses around the age of 16.

For further advice contact your podiatrist, physiotherapist or GP.

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### Other useful information

Find other children's physiotherapy leaflets at:  
[www.glos-care.nhs.uk/our-services/children-young-people/physio](http://www.glos-care.nhs.uk/our-services/children-young-people/physio)

### Reference

PhysioTools Ltd. A PhysioTools Compatible Collection. Produced by PhysioTools. 1998 ([www.physiotools.com](http://www.physiotools.com))

### Contact Us

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Email: [podiatry.info@glos-care.nhs.uk](mailto:podiatry.info@glos-care.nhs.uk)

Children's Physio Direct  
Call: 0300 421 6980  
Monday to Friday, 9am to 12pm  
(excluding Bank Holidays)  
For 0-16 years (or 16-19 in full-time education)

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health or adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy-read and other languages on request.

Telephone 0300 421 8313 (answerphone available outside office hours)

Email: [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

Write to: Service Experience Team, Gloucester Care Services NHS Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW