

# active feet

if the shoe fits...

Netball, Basketball and Football seasons are well under way, and during my time in the **active feet** stores & Life Care Sports Clinic rarely do I meet a child who participates in only 1 sport. Significant changes in activity levels as a child grows can have a serious affect on their development, function and risk of injury. With your child now getting involved with Triathlon Kid's we're adding running, cycling and possibly swim training on top of an already high work load. My patient lists increase dramatically around the beginning of sporting seasons due to a rapid change in activity load. This is also reflected in discussions with customers during my time in store at **active feet**.

## SEVERS DISEASE

Commonly seen in especially active children is a condition involving the growth plate of the heel bone – Severs Disease. Severs pain is often seen between ages 8-12 while the growth plate is fusing and becoming stronger. As a Podiatrist in Sports Medicine I am often seeing patients with diagnosed Severs Disease due to 3 main reasons:

1. The most common cause is excessive over-pronation (the inward rolling motion of the foot touched on in the last edition of the Tri Kids Newsletter), and with feet that do not pronate enough. Everyone's foot is different in this way. Pronation is a natural motion that assists the body in absorbing shock and ground reaction forces, thus we need it to occur. Yet excessive motion and lack of, or under pronation can trigger the symptoms of Severs Disease.
2. As touched on at the start of this article, Severs pain is often attributed to a sudden and excessive increase in activity level.
3. The third main factor is poor footwear. At **active feet** I see hard flat footwear as common place. Traditional football boots, T-bars and Dunlop Volleys – typically have a flat base with heel height and the ball of the foot being level. This places stress and load on many structures in the foot and legs, especially the heel bone & Achilles area. A combination of all three things can make the pain quite severe.

At **active feet** your child's foot and footwear can be thoroughly assessed through the use of a Podiatry specific assessment technique called Video Gait Analysis. Video Gait Analysis is the best way of achieving a positive outcome i.e. a reduction in the pain symptoms of Severs Disease by providing correct fitting footwear (orthotics can be prescribed on a case by case basis with myself in the Life Care clinic).

**active feet** specifically stock athletic footwear and Football Boots that provide a cushioned and supportive midsole which incorporates heel to toe pitch and pronation motion control for your individual child's specific foot and sporting needs. Again, this aids in reducing stress and load through the lower limb and foot, decreasing further injury risk (of Severs and associated lower limb

and foot complaints). Replacing your child's shoes in the appropriate time frame is also very important. Again, this will be specific to your child's activity and activity level.

For more information and for your **FREE** Video Gait Analysis please see Brett and the team at **active feet**. **Scott Murray** Podiatrist at Lifecare Sports Medicine Centre (Croydon & Ashwood) & **active feet** Staff Member.