

# SportsWise Physiotherapy

FEBRUARY 2013

MONTHLY NEWSLETTER

## CONTACT US

### Thomsons Lake

4/850 North Lake Road,  
Cockburn Central,  
WA 6164

TEL : 9417 2777  
FAX : 9417 2888

### OPENING HOURS :

Monday to Thursday  
7AM - 7PM  
Friday  
7AM - 6PM  
Saturday  
8AM - 12PM

### South Street

Suite 12,  
73 Calley Drive,  
Leeming,  
WA 6148

TEL : 9313 7433  
FAX : 9313 7533

### OPENING HOURS :

Monday to Thursday  
7AM - 7PM  
Friday  
7AM - 6PM  
Saturday  
8AM - 12PM

### Willetton

Willetton Basketball Stadium,  
Burrendah Boulevard,  
Willetton,  
WA 6155

TEL : 9312 1188  
FAX : 9312 1199

### OPENING HOURS :

Monday, Wednesday  
2PM - 7PM  
Tuesday  
3PM - 7PM  
Friday  
12PM - 3PM

## OUR PHYSIOTHERAPISTS

Craig Allen  
Hadyn Sleeman  
Bronwyn Smith  
Lennon Correia  
Andrew Dunnell  
Wern Jiunn Chin  
Chloe Itzstein



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## Sever's Disease

### WHAT IS IT?

Although it sounds serious due to its name, Sever's Disease is a relatively short-term condition that involves a traction strain of the attachment of the Achilles tendon to the heel. It occurs in children at a time of rapid growth. During this time, bones often grow faster than muscles and tendons. As a result, muscles and tendons become tight. During weight-bearing activities (activities performed while standing), the Achilles tendon may exert too pressure on the back of the heel, thereby causing pain at the point where it attaches to the heel.

### WHO DOES IT AFFECT?

Sever's disease is most common in physically active children between the age of 7 and 10. It rarely affects older teenagers because the back of the heel has finished growing by the age of 15.

### WHAT ARE THE SIGNS & SYMPTOMS?

- Heel pain during physical exercise, especially activities that require jumping or running

- The pain is often at its worst after exercise
- Localised tenderness and swelling on the heel at the point where the Achilles tendon is attached to
- Limping with the tendency to tiptoe
- Calf muscle tightness

### HOW IS IT TREATED?

Management consists of:

- Activity modification (cutting down or stopping any activity that causes pain)
- Shoe inserts
- Stretching exercises
- Correction of any biomechanical abnormalities
- Strengthening exercises when pain-free
- Medication

### WHAT IS THE PROGNOSIS?

The condition will always settle, usually within six to 12 months, but occasionally symptoms may persist for as long as 2 years.

*The above is intended as a guide only. If you recently suffer from heel pain and would like to see a physiotherapist, please contact us at any of our three practices.*

## PHYSIOTHERAPIST PROFILE *Chloe Itzstein*

Chloe graduated from Curtin University in 2012 and has been working with us since January this year. She is interested in all musculoskeletal injuries and has a particularly strong passion for sports injuries. Chloe has worked with lots of swimmers to help them maintain their shoulder mobility and prepare for competitions. Chloe is a competitive swimmer herself, competing at a National level with her main focus on Open Water Swimming. Her career highlight has been her achievement of the 5th place in the 20km Solo Rottneest Channel Crossing. In her spare time Chloe enjoys catching up with friends and training.