

COMMON KIDS HEEL PAIN

WHAT'S CAUSING YOUR CHILD'S HEEL PAIN?

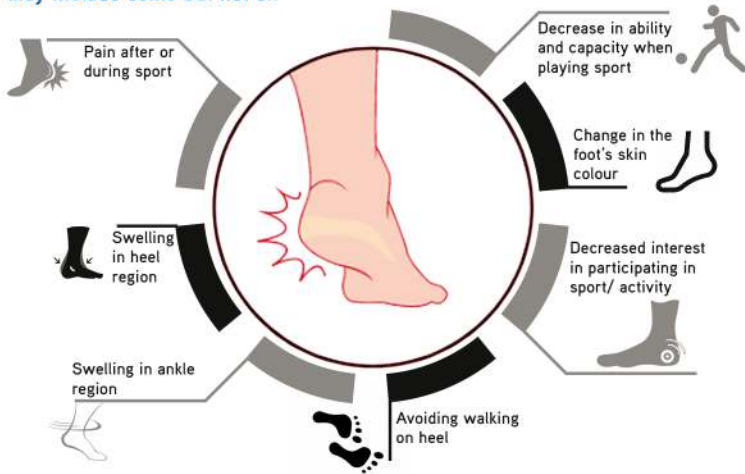


Heel pain in kids can be incredibly common. In any one sports team up to 30- 40% of children may be experiencing heel pain at the one time. There's the widespread myth that children need to "outgrow" this pain. Another universal myth is that there is nothing you can do to relieve the pain.

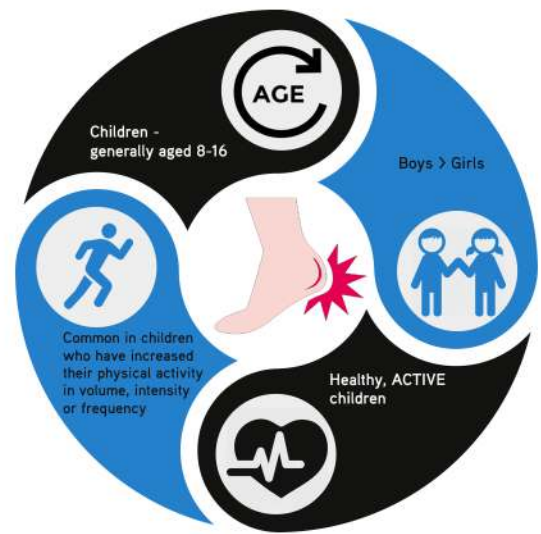
Solving heel pain in a child can be challenging, given the numerous potential causes. Recognising the common culprits can be helpful in finding the appropriate treatment.

SIGNS AND SYMPTOMS

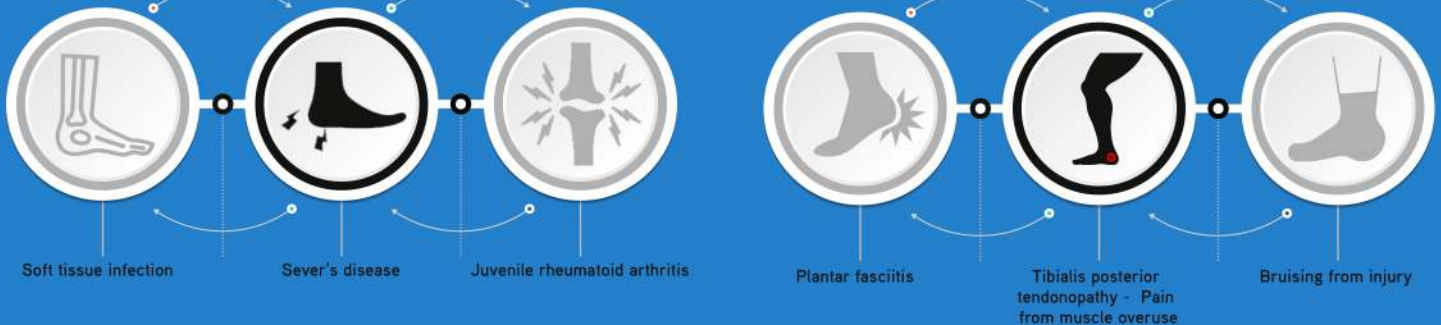
May include some but not all



WHO IS AFFECTED



WHAT COULD IT BE?



Sever's Disease



THE TWO MOST COMMON HEEL PAIN PATHOLOGIES ARE:

Tibialis Posterior Tendonopathy - muscle overuse



For more information see "Sever's Versus Tibialis Posterior Tendonopathy pain Infographic" or "Tips to beating Kids Heel pain infographic"

Curated + Produced by Dr Brenden Brown Podiatrist. Written in collaboration with Leanne Philpot. All rights reserved + © Copyright Brenden Brown 2018 Please credit the Author and link to Dr Brenden's social media site for use - then we can all be friends! Contact these sites.

Instagram @askdrfoot or @brendenbrown121