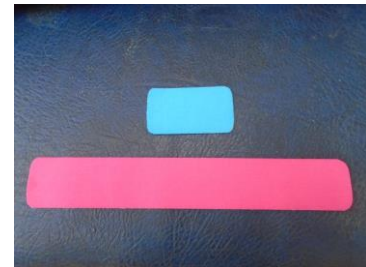


**Therapeutic Taping
for Sever's Disease
Physiotherapy Service**

Sever's disease is also called calcaneal apophysitis. It presents as pain in the heel and involves inflammation or micro-trauma at the growth plate of the heel bone. It can often occur during growth spurts when bones, muscles and tendons are changing rapidly, or due to overuse or repetitive activities. The following therapeutic taping techniques can help to improve pain and provide support to the heel and ankle. This will be discussed and demonstrated to you by your physiotherapist.

To apply the first therapeutic tape strip:

1. Begin by cutting 2 strips as determined initially by your physio, rounding off the corners.



2. With the longer strip, tear along backing paper approximately 3cm from one end, folding back the torn edges.



3. Remove the end piece of backing paper, placing the tape under the base of the heel with the foot relaxed. Whilst holding the base of the tape, peel back the backing paper to within approximately 3cm and move foot forward as pain allows, to stretch the achilles' tendon. Stretch the tape by 50% and place on the skin, laying down the last 3cm with no tension. Rub finished taping with a piece of backing paper to activate adhesive.



4. Finished taping of the first tape strip.



To apply the second therapeutic tape strip:

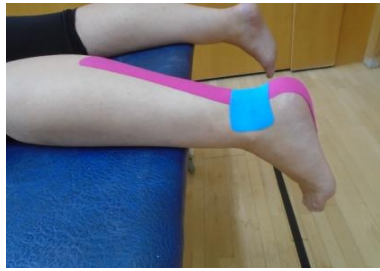
1. Taking the small strip, tear along the middle of the strip, folding back the edges so that the centre third is showing.



2. Moving foot forward as pain allows and stretching tape by 50%, place over site of pain, applying inward pressure. Lay down the ends with no tension. Rub with piece of backing paper to activate adhesive.



Completed therapeutic taping for Severs:



Therapeutic taping techniques should be used as advised and directed by your physiotherapist. If you have any concerns or you are unsure regarding use of therapeutic tape then please contact your physiotherapist on the details provided:

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**This document is available in Welsh / Mae'r ddogfen hon ar gael yn
Gymraeg**