Name: Example patient (11-year-old boy, youth football)

1. Clinical information:

11-year-old patient (145 cm, 38 kg, shoe size EU 36) who plays youth football, about 6 hours a week. Consults for **pain in both heels** for 6 weeks. It started gradually, coinciding with the start of the season and the switch to artificial turf. The pain appears after training sessions and matches, and he limps a little the next morning.

The pain **gets worse** with running, jumping and studded boots, and **improves** with rest and ice. On a 0-10 scale he rates it **1 at rest, 3 when walking and 7 during sport**. No previous injuries, illnesses or medication. The only treatment tried so far is ice. He wears studded boots to play and flat trainers every day. The family's goal is for him to keep playing without pain.

2. Assessment:

In the videos and photos you sent us we observe:

- Walking, seen from behind: **mild rearfoot valgus in both feet** (the heel tilts slightly inwards).
- At the end of the sequence he **avoids putting weight on his heels** and walks more on his toes.
- **Pain when squeezing the sides of the heel**, in the test the family did following our instructions.
- Pain in both heels linked to sports load, with a recent increase in impact (artificial turf and studded boots).

His age, the location of the pain, its gradual onset with the change of surface and the pain when squeezing the heel are **consistent with bilateral Sever's disease**: an overload of the heel's growth area, very common in young athletes aged 8 to 14. The mild rearfoot valgus and flat everyday footwear may contribute to the overload.

3. Treatment plan:

- **Training load:** reduce load for **2-3 weeks**, limiting intense running, jumping and matches according to pain. Keep up low-impact activity (cycling or swimming) and return gradually, using sports pain below 3/10 as a guide.
- **Silicone heel cups** in everyday shoes and in boots, to cushion heel impact.
- **Stretches** (with photos at the end of this report): calf (straight knee) and soleus (bent knee) against a wall, 3 reps of 30 seconds per leg, twice a day and always before and after training. He should feel tension, not pain.
- **Strength:** seated **isometric soleus raise**, knees bent with a light weight on the thighs, lifting the heels. 4 sets of 30 seconds per leg, 1 minute rest, once a day. Pain should not go above 3/10.
- **Footwear:** studded boots with **a little more heel height** than his current ones. Day to day, avoid flat trainers and use shoes with some cushioning.
- **Ice:** he can keep using it for 10-15 minutes after activity if it helps, with a cloth between the ice and the skin.

4. Follow-up and goals:

Short-term goals (2-3 weeks): reduce pain during sport and the morning limp, and bring walking pain down to 0-1/10 with the reduced load.

EXAMPLE

Medium-term goals (4-6 weeks): gradually return to training and matches with pain no higher than 3/10, keep the stretches and strength work as a routine and settle on the right footwear.

Review: online follow-up in **4-6 weeks**, with new videos of him walking and running seen from behind.

See a professional in person sooner if there is:

- Pain at rest or at night that gets worse, or wakes him up.
- A marked limp or inability to put weight on the foot.
- Swelling, warmth or redness in the heel, or fever.
- Pain after a specific knock or twist.
- No improvement after 3 weeks of reduced load, or worsening.

This report is issued at the patient's request on the date shown below.

This report is remote advice based on the information, videos and photos you sent us. It does not replace an in-person assessment or a medical diagnosis. If symptoms get worse or new ones appear, see a professional in person.

This report is for the patient's information only and does not constitute an Expert Report for the purposes of submission in legal proceedings; therefore this centre and the undersigned professional(s) may not be called to appear before the courts to ratify or clarify it.

Zamora, 5 November 2026

Pedro Lucas Rubio
Physiotherapist Reg. No. CL37-1149
Podiatrist Reg. No. 838490445

EXAMPLE

Your exercises



1. Calf stretch against a wall

Stand facing a wall with your hands on it. Step one leg back with the knee straight and the heel on the floor. Lean towards the wall until you feel a stretch in the calf, without pain.

How much: 3 × 30 s per leg, twice a day (before and after training)



2. Soleus stretch against a wall

Stand facing a wall with one foot slightly behind the other. Bend both knees while keeping the back heel on the floor, until you feel a stretch in the lower calf, near the Achilles tendon.

How much: 3 × 30 s per leg, twice a day

EXAMPLE



3. Seated isometric soleus hold

Sit with your knees bent and a light weight on your thighs (a backpack with books works), lift your heels and hold the position without moving. Pain should not go above 3/10.

How much: 4 × 30 s per leg, 1 minute rest, once a day

EXAMPLE