

SOLEMAIDS



Relieving pain
so kids can
stay in the game

Severs disease is one of the most common causes of heel pain in growing children and teenagers – but probably also one of the most overseen afflictions in that age group.

The condition is caused by an inflammation in the growth plate of the heel, which can set in when this area is exposed to repeated stress, as a result of high impact activity.

Fitting the child's footwear with customised Solemaids insoles allows kids with Severs disease to walk, jump and run without putting pressure on the heels – hereby relieving the pain, so the child can stay active.

Severs disease – overlooked **but curable**

During the years when the child is growing, the growth plate in the heel bone is open and sensitive. High intensity activity inflicts stress on the growth plate. Repeated stress can cause tenderness, pain and inflammation in the growth area of the heel.

Kids who are physically active or engaged in sports that involve a lot of running or jumping, especially on hard surfaces, have a greater risk of developing Severs disease. For these kids, the pain can become so severe that they have to take a break from their sport.

Our clinical experience shows that Severs disease is not cured by resting; it goes away as the child grows older. So reducing physically activity to a minimum will only put temporary end to the heel pain. As soon as the child resumes their activity, the pain typically returns.



Kids who develop Severs disease experience the first signs of pain during their pre-teen years (9-10 years). For many of these kids, the heel pain returns a few years later, typically at the onset of puberty (12-14 years) when their hormone balance changes, and they take another leap on their growth curve.

Severs disease may present itself in both heels at the same time, or only in one. Half of the kids we've seen in the clinic only experienced heel pain in one foot; of those who experienced pain in both, one is typically more dominant.

An **effective** **insole** solution

By suspending the rear part of the heel, Solemaids insoles remove the pressure from this area. This immediately relieves the pain and allows the child to resume physical activity.

The foam-based, cushioning wedge lifts the heel bone, moving pressure from the growth plate in the heel onto the forefoot. When the heel is suspended in this way, the pressure is relieved. And so is the pain.





90%

of users report
immediate relief
from heel pain with
Solemaids insoles

**Severs disease
is the most
frequent impact
injury among
children between
the ages of
8 and 14***

* Fuglkjaer S, Hartvigsen J, Wedderkopp N, Boyle E, Jespersen E, Junge T, Larsen LR, Hestbaek L: *Musculoskeletal extremity pain in Danish school children – how often and for how long?* The CHAMPS study-DK. BMC Musculoskelet Disord 2017, 18(1):492.

Extensive clinical experience

During the past 10 years, physiotherapist and designer of Solemaids insoles, Per Øllgaard has treated around 2500 children and teenagers with Severs disease at his clinic in Viborg, Denmark. When they arrived at the clinic, they had typically experienced pain for 10,4 months.

- **75%** were boys;
- **99%** were active in sports (only 1% were not engaged in any kind of sport);
- **60%** played football; the remaining **40%** were mainly gymnasts, handball, badminton and tennis players;
- **55%** engaged in training and tournaments up to four times a week; and
- **70%** reported that they had had to stop their sport or participate at a reduced level as a result of heel pain.

9 out of 10 kids treated at our clinic have experienced a positive effect from using the insoles. They report that the heel pain has either been reduced significantly or completely disappeared. As a result, these kids have been able to resume their sport and enjoy the freedom of being able to run and engage in physical activities – without pain.



Becoming a certified Solemaids supplier

Solemaids insoles are sold through certified clinics that have gone through the Solemaids training programme.

That way, we ensure that each child fitted with Solemaids insoles has been clinically assessed by a professional practitioner (e.g. physiotherapist, chiropractor or clinician with a similar background) who has specialized knowledge about Severs disease and knows how to cut the insoles to size and ensure a perfect fit for the child.

If you'd like to test Solemaids insoles in your clinic – or know more about how to become a certified Solemaids supplier – please get in touch: mm@solemaids.dk.



What professionals and parents say about Solemaids

PARENTS

"Hugo's insoles work perfectly. His feet felt a little soar the first few days but that soon disappeared as he got used to wearing them. Thanks for all your help. We'll be back when Hugo needs a larger size.."

PARENT, SWEDEN

"I'm really impressed. Sylvester has NO pain anymore. He spent two days getting used to wearing the insoles. Since then, he's literally been up and running. And scoring a lot of goals as well, now that he can play without any pain."

PARENT, DENMARK

PROFESSIONALS

"In my clinic I've seen how Severs disease can have physical as well as psychological consequences for children. It leads to inactivity, frustration, demotivation, and feelings of being left out – and missing out. It's great that we can prevent all that with a simple insole."

PER ØLLGAARD, DENMARK

Inventor of the Solemaids-insole,
clinic owner and physiotherapist

"By suspending the heel, the insole works to relieve pressure and impact. Being able to help children and alleviate their pain in this way is incredibly satisfying."

TOR ERIK EKLE, NORWAY

Chiropractor and clinic owner

Fast facts on Solemaids

Unique, patented design developed by physiotherapist Per Øllgaard based on more than 10 years of clinical experience treating children with heel pain.

CE certified. Manufactured in Denmark, with a supervised production process to ensure the highest standards for fit and quality.

Currently sold through a network of certified physiotherapy and chiropractor clinics in Scandinavia and in the UK.

SOLEMAIDS

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