The ankle is the second most common site of injury in baseball players after the shoulder.

When is a sprain really bad?
Sprains are classified in three categories:

**FIRST DEGREE**
- Tissue is only stretched
  - Slight swelling
  - Mild loss of range of motion and strength
  - No decrease in stability

**SECOND DEGREE**
- Involves stretching and some tearing of tissue
  - Moderate swelling
  - Usually includes some bruising
  - Moderate loss of range of motion and strength
  - Some decrease in stability

**THIRD DEGREE**
- Complete tearing of tissue
  - Significant swelling and bruising
  - Near complete loss of range of motion and strength
  - Marked decrease in stability

The heel is where it’s at
Sever's disease is a common cause of heel pain in growing kids, physically active kids.

The most important thing to know about Sever's disease is that, with proper care, the condition usually goes away in under two months. Early diagnosis, proper care, and taking measures to protect the heel can help protect against future problems.