



WHAT OUR PHYSIOS DO WHAT OUR PHYSIOS DO *at*

**MENAI DISTRICT PHYSIOTHERAPY
& SPORTS INJURY CENTRE**

GROWING PAINS

Children/Adolescent Injuries

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Often called growing pains in areas such as the heel (Siever's disease) or just below the knee cap (Osgood– Schlatter disease or S-L-J Syndrome) are caused by multiple factors of which growing quickly is one. Other contributing factors revolved around the 'biomechanical' (mechanical efficiency) of the lower limbs. These factors include:

- Too much pronation (feet rolling in).
- Knock knees or bow legs.
- Tightness in or poor alignment of the hips.
- Poor co-ordination.
- Tight muscles (often related to growth spurts).
- Muscle weakness.

PLAY WELL
PLAY WELL

Can anything be done? YES!

In the past, adolescents with such pains would be put into plaster—not because it helped, it just stopped them being able to run—but it also caused more weakness and tightness in the muscles. Now a more pro-active approach is adopted.

We obviously can't stop growth but we can change/achieve results in other ways. For example:

- Massage to the muscles to improve flexibility.
- Exercises to improve strength and co-ordination in the lower limbs.
- Taping to relieve the pain and allow earlier return to sport.

MOVE WELL
MOVE WELL

**The bottom line: Rest may stop the pain but won't aid return to sport.
Be 'active' in recovery and return to sport earlier!!!!**

For more information:
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