Growing Pains

Growing pains are generalised leg aches which occur in 10-30% of children. The pain is most commonly felt in the muscles of the front of the thigh, behind the knee, and the calf.

Children with growing pains have good general health. The pain is usually felt in the late afternoon or early evening, and may be described as aching or dull, but there may be pain only in one leg. The pain does not occur at night, and it tends to occur several times a day. The pain is described by the child as a sharp pain, and the child may run and jump around in relief. The pain is not related to the child's activity, and it is not relieved by being carried or picked up.

Diagnosis of growing pains is usually made by a combination of the child's history and a thorough physical examination. It is not necessary to perform any specific tests to make the diagnosis.

Growing pains are reassure by the child and the child's family. Most pain is relieved by resting and gentle exercise. A warm bath or gentle massage can help to reduce the pain. In some cases, a light sedative may be required.

It is important to reassure the child and the child's family that growing pains are not a sign of serious illness. They are common and are usually not harmful. It is important to ensure that the child is not worried about the pain and that the family is not overprotective.

Growing pains are not usually a cause of concern, but if the pain is severe or if it occurs for the first time, it is important to consult a doctor. In some cases, a referral to a specialist may be necessary. If the pain is severe or if it is not improving, it is important to consult a doctor.

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