

## WHAT IS THIS AND WHY DOES IT OCCUR?

Often your child is told that they have “growing pains” if they complain of pain around the knees, legs, hips and back of the heel. And far too often a child’s discomfort is dismissed, quite inappropriately.

As a child grows quickly from 8 years on through their teenage years, their bones grow quickly and their muscles are not able to elongate as quickly. Therefore the attachment points of the tendons are strained.

With activity and loading of the tendons, pressure goes onto the attachment points of the tendon to bone and the bone can be “tugged at” with lifting of the bone apparent.



## WHAT DAMAGE HAS HAPPENED?

With the bone being lifted and more protrusive, inflammation and pain is often experienced in key sites. The bony protrusion may be permanent and the inflammation may stop a child participating in sport and activity.

Sever’s disease is a common condition in children with pain localised to the back of the heel and in some cases extending up the calf. Basically the bones are soft and the Achilles tendon is pulling at the back of the heel due to tight calves and hamstrings, excessive activity, poor footwear, poor hip and knee alignment with the knees rolling in and the arch dropping- overpronation.

Osgood Schlatter’s is another common condition in where pain is experienced over the front of the leg below the knee with the insertion of the quadriceps being at that point, The insertion point gets lifted and may become quite noticeably protrusive. As above soft bone and overloading may cause this condition.

## HOW CAN PHYSIOONE ASSIST?

- We can diagnose the problem
- We can educate you on why it is occurring and show you how to manage it
- We can provide stretches for areas which are too tight
- We can provide strengthening for core areas which are weak and are affecting the alignment of the body
- We can assist you in footwear and further referral on if required
- We can do soft tissue therapy to release the tight muscles