



# POSNA

## The Core Curriculum

### Growing pains

#### Objectives

1. Describe "growing pains"
2. Define the age range susceptible to growing pains
3. Describe natural history and treatment measures effective for growing pains

#### Discussion points

1. Does the entity described as "growing pains" differ from article to article?
2. What is your concept of the optimum approach to diagnosis? Management?

#### Discussion

Although "growing pains" have been in common parlance for generations, their pathophysiology is still not understood, and there is not yet a precise definition of the disorder. Growing pains are generally described as being in younger children, and occur late in the day or at night. One study (Bowyer) noted 7% of pediatrician's visits were for limb pain, another (Macarthur) stated that 1% of visits to university based pediatricians, and all pediatric orthopaedists and rheumatologists in Ontario were for growing pains. Baxter describes stretching as being effective in lessening the frequency of growing pains. Other studies questioned the relationship between growing pains and the restless leg syndrome of adults. Growing pains are a diagnosis of exclusion, and resolve spontaneously sometime during childhood. (Atar) Peterson stresses the importance of eliminating other causes of pain before applying a diagnosis of growing pains.

#### References

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