

## GROWING PAINS

Growing pains are common in children from 3-12 years of age. They typically are an achy, throbbing feeling in the legs and can be worse at night. They tend to affect both legs at some point. We do not know what causes growing pains.

Potential signs of a more serious condition are: swollen/red /warm joints, recurrent unexplained fevers, rashes, limping, refusal to walk, fatigue or loss of appetite.

Please talk to your pediatrician if you have any of these concerns. She may order some tests (blood work, joint ultrasound or bone X-rays) in order to rule out more serious conditions.

There are things you can do at home to make your child feel better: massage, stretching the affecting limb, applying heat, or pain medication like acetaminophen or ibuprofen.