

There is no exact cause for growing pains in children

Question: What are growing pains?

Answer: In general growing pains are pains described by children and teenagers that are intermittent and annoying and create pain and ache localized to muscles in the legs and thighs.

A number of conditions have been implicated (though not fully substantiated) in the pathogenesis of growing pains and include rapid growth, overexertion, rheumatic conditions, infection, sacroiliac-joint dysfunction, orthopedic defects, vague ill health, psychological factors, etc.

The term growing pain has been used for approximately 150 years. Duchamp first coined the term in 1832 in his treatise, "Maladies de la Croissance." Prevalence studies indicate that growing pains occur in approximately 20-percent of children and may be as high as 37 percent with a slight prevalence in females compared to males. Growing pains may begin in infancy with the greatest discomfort between the ages of 3 to 5 years and generally thought of as abating as the individual matures.

Our office treats many pediatric patients of all ages with one or more of these symptoms of growing pains. We find that many of these described growing pains are related to neurological or musculoskeletal imbalances and respond quickly and completely to gentle chiropractic adjustments. It is prudent to check with your chiropractor for conservative care prior to moving towards drugs if possible.

Quote of the week: *“Constantly choosing the lesser of two evils is still choosing evil.”* - Jerry Garcia