Growing Pains

Also referred to as “benign nocturnal limb pains of childhood” and “recurrent limb pains of childhood”. Growing pains occur in childhood but are not linked to growth. The cause is poorly understood and widely hypothesised.

Experiences

What pain patterns cause concern?

- Orthopaedic
- Infection
- Neurological
- Rheumatology
- Psychological
- Complex

Peterson Criteria for Growing Pains

<table>
<thead>
<tr>
<th>Nature of pain</th>
<th>Inclusion</th>
<th>Exclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermittent</td>
<td>Some pain free days and nights</td>
<td>Persistent increasing intensity</td>
</tr>
<tr>
<td>Bilateral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anterior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td></td>
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</tr>
<tr>
<td>Normal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td></td>
<td>Reduced joint range</td>
</tr>
<tr>
<td>Objective findings: ESR, X-ray, bone scan.</td>
<td></td>
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</tbody>
</table>

(Foster and Jandial)
### Pattern Recognition

<table>
<thead>
<tr>
<th>Localised Pain</th>
<th>Diffuse Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strain sprain</td>
<td>Bone tumours</td>
</tr>
<tr>
<td>Bone tumours</td>
<td></td>
</tr>
</tbody>
</table>

- **Well Child**
- **Unwell Child**

### Caution: Well Child, Localised Pain

- **Spine**
  - Metastasis, myeloma, osteoblastoma, chondroma, haemangioma, ABC, osteoid osteoma
- **Pelvis**
  - Osteosarcoma, Chondrosarcoma, SBC, Lymphoma, Ewing Sarcoma, EG, Chondroma
- **Proximal Femur**
  - SBC, FD, Endochondroma, Ewing Sarcoma, EG
- **Around the Knee**
  - All, osteosarcoma, Ewing Sarcoma
- **Tibial Shaft**
  - NOF, FD, adamantinoma, osteoid osteoma
- **Calcaneus**
  - SBC, Ewing sarcoma, osteoblastoma, chondroblastoma

### Management

**Bringing the team together**

**Prevalence is 2.6% to 49.6%**