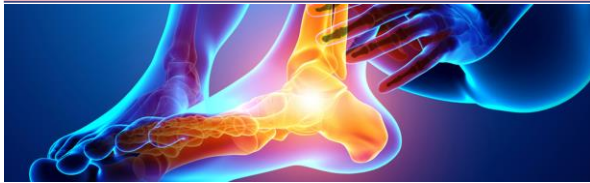


Slides by Nina Davies for the Growing Pains: Bringing the Team Together webinar on 9 January 2023



Growing Pains: Bringing the Team Together

1

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.



2

Experiences



3

pGALS

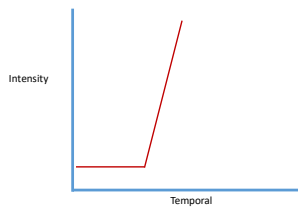
Figure 1 The pGALS assessment. Screenshot for kind permission of Arthritis Research UK (<https://www.arthritisresearchuk.org>) from: Foster JF, Jandial

(Foster and Jandial)

4

What pain patterns cause concern?

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



5

Peterson Criteria for Growing Pains

	Inclusions	Exclusions
Nature of pain	Intermittent Some pain free days and nights	Persistent Increasing intensity
Laterality	Bilateral	Unilateral
Location of pain	Anterior thigh, calf, posterior knee – in muscles	Joint pain
Physical examination	Normal	Swelling, erythema, tenderness. Local trauma or infection Reduced joint range Limping
Laboratory tests	Normal	Objective findings: ESR, X-Ray, bone scan.

(Peterson 1977, 1986)

6

