Growing Pains
Are they normal? NO!!!

The consequences of growing pains can be numerous:
- Disc injuries in adulthood
- Chronic back pain
- Foot pain
- Heel spurs
- Plantar Fascitis
- Knee pain
- Scoliosis
- Poor balance
- Hamstring and Groin pulls
- Osgood-Schlatter disease
- Permanent short leg

AND ITS PREVENTABLE!!!

Read my story...
When I was around eight years old I started having excruciating leg pains at night that would wake me up crying. I was eventually taken to my pediatrician and he told my mom that they were growing pains and they were normal and that they would eventually go away...unfortunately for me the cause of the growing pains never did.

As a freshman in high school I started having hamstring and groin pulls, as a junior and senior it moved to low back pain. Then as a college student I bulged a disc that took me almost a full year to get to the point I was before the injury. Growing pains were the early sign that something was wrong.

Now as a doctor in private practice, approximately 70% of my adult patients have back pain because they grew crooked as a child.

Imagine that the person in Figure 1 to the right was standing on two scales, do you think they
would weigh equally on each one? YES, at least they should, which is part of the problem with children and growing pains. They DON’T!

Children with unbalanced posture while they are standing or running and playing will create more force repeatedly on one side of their bodies.

Our bones grow in response to stress. For example, if I were to lift weights on one leg, then those muscles, ligaments and bones would thicken and get bigger. So if we are unbalanced during our early growth years (ages 4 to 11) one side of our bodies is growing differently than the other side and that is what creates growing pains.

Take a look at Figure 2 below. Does your child sleep this way? Or perhaps they sleep on their side all crooked. Either way, when you sleep crooked night after night your spine GROWS crooked. It’s not a coincidence that growing pains occur at night. This is the time when we grow.

In my office, often times with only one gentle treatment of the bones of the back, the growing pains go away almost immediately. This balances out the child’s weight and normal, equal leg growth can occur.

It is so easy to correct if you can treat it quickly, but after several years of growing pains, one leg will have had time to grow longer than the other and it is difficult to change. Don’t assume nothing is wrong!!!

- Call my office for a free consultation. Allow me the opportunity to check your child out at no cost to you. If my parents had known that my back problems would have been prevented had a been treated by a chiropractor at 8 years old—they would of done it.

Call my office at 259-3547 and schedule an appointment for your child. If your child has ever had growing pains, don’t delay, the more time that passes, the harder it is to correct. Growing pains are only the symptom.