

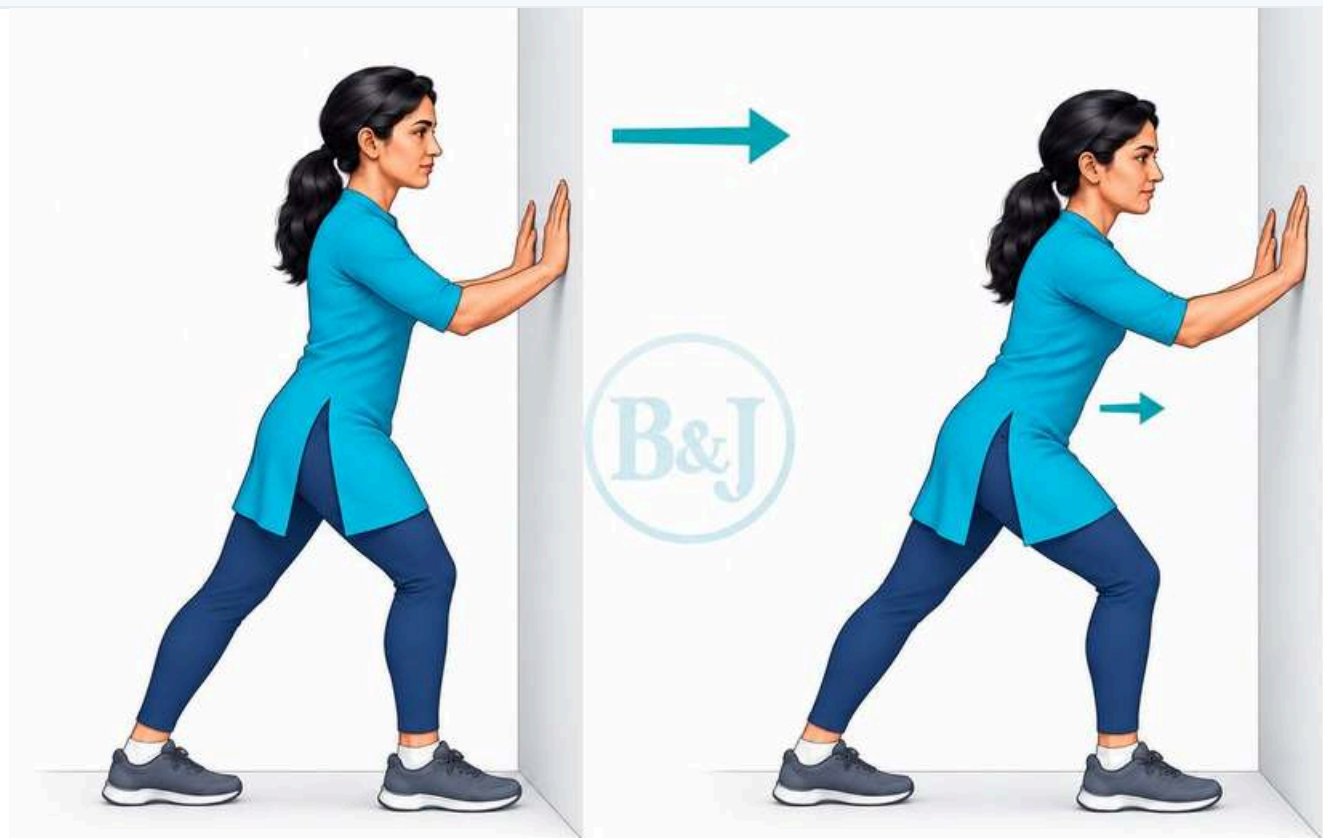
Growing pains — help for your child's legs at night

Growing pains, for parents



How to use this sheet. These pains are harmless; massage and warmth at night help your child. They usually settle as your child grows. Do the leg stretches with your child every evening, gently and never into pain. **When the legs ache at night, rub them gently with your hands and put a warm, not hot, cloth on them. Do not take your child to a masseur or a bone-setter for hard oil massage, and do not let anyone pull or crack the legs.**

1 Calf stretch



Your child puts both hands on a wall, with one leg behind, the knee straight and the heel down, then leans gently towards the wall.

Hold 20 seconds

3 each side

✓ Should feel

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— or मराठी — or ask for
sheet 59



✗ Should not feel

Pain — ease off

Nallasopara West

87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

2

Hamstring stretch



Your child puts one heel on a low step, keeps the knee straight and leans forward from the hips. Stand close by to help with balance.

Hold 20 seconds

3 each side

✓ Should feel

A stretch behind the thigh

✗ Should not feel

Pain — ease off



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3

Front of thigh stretch



Your child holds a chair for balance, bends one knee and holds the ankle behind, keeping the knees together. Help a younger child hold the foot.

Hold 20 seconds

3 each side

✓ Should feel

A stretch at the front of the thigh

✗ Should not feel

Pain in the knee

Stop and telephone us if

- Pain during the day, or pain still there in the morning
- Your child limps, or will not stand or walk on the leg
- Pain in one leg only, or always in the same one spot
- Swelling, or a spot on a bone or joint that hurts when touched
- Fever, or your child seems unwell
- Your child is losing weight



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