



**Carlo A. Messina, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



**Michael M. Cohen, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



**John D. Goodner, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



**Warren Windram, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

# INSURANCE

*MOST INSURANCES, PPO's AND MEDICARE ACCEPTED  
Preferred Providers Below*

## ADULT

Aetna (HMO, PPO, POS, EPO)  
Avmed (HMO, PPO)  
Better Health  
Blue Cross/Blue Shield (HMO, PPO)  
Cigna (HMO, PPO, POS)  
GHI  
Humana (PPO, POS, EPO)  
Magellan  
Medicare  
Memorial (HMO, PPO)  
Miccosukee  
Multiplan  
Network Blue (HMO, PPO)  
Preferred Choice  
Private Health Care System  
Seminole Tribe  
Tricare  
United Health Care (HMO, PPO, POS)

## PEDIATRIC

Better Health  
Molina  
Staywell  
Sunshine State  
Wellcare

## WORKERS' COMPENSATION

AIG  
Corvel  
ESIS  
FCCI  
Gallagher Bassett  
Hartford Ins - Specialty Risk  
Liberty Mutual  
Marriot  
Publix Works Comp  
Sedgwick  
Travelers  
US Department of Labor  
Zenith Ins. Co.  
Zurich American

*Call us to see if we participate with your plan*

Accepting Medicare  
Accepting most HMO's and PPO's  
Accepting Motor vehicle insurance  
Accepting Workers Compensation  
Second opinions and IME's  
Outpatient and Inpatient surgery

Same day appointments  
Emergency visits  
Early morning appointments  
Evening appointments  
Letters of Protection, (LOP's)  
Se habla Espanol

## LOCATIONS

### WESTON

1600 Town Center Blvd. • 954-389-5900

### PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

### PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

[www.SouthFloridaSportsMedicine.org](http://www.SouthFloridaSportsMedicine.org)

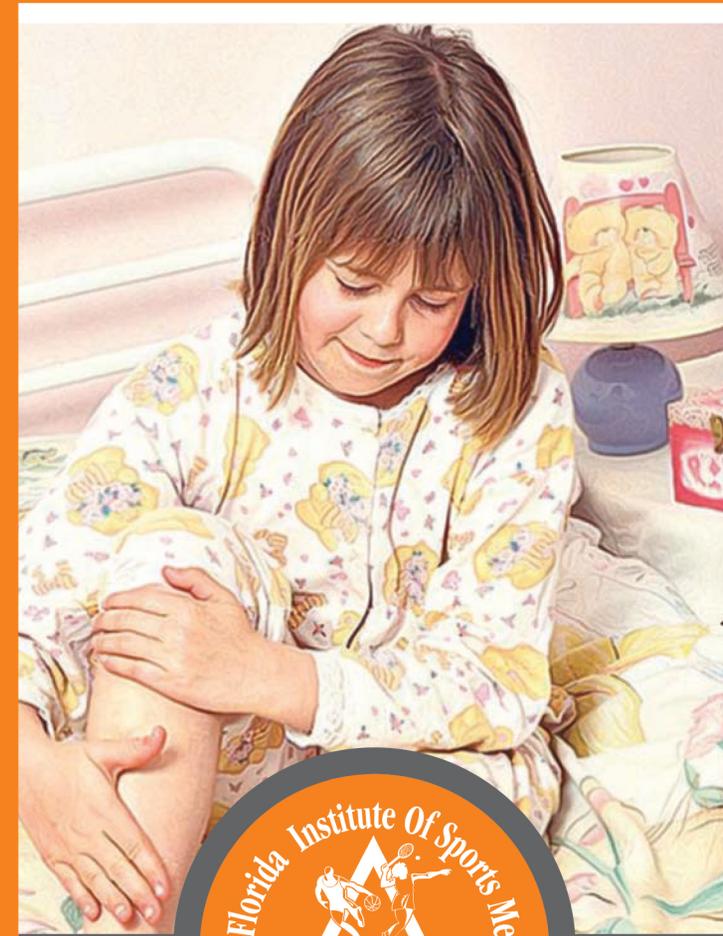


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# GROWING PAINS IN CHILDREN



Messina • Goodner • Cohen • Windram  
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

# Foot, Ankle & Leg Specialists of South Florida

# GROWING PAINS IN CHILDREN

By: Robert H. Sheinberg, D.P.M., D.A.B.P.S., F.A.C.F.A.S.

Foot, ankle and leg problems in the growing child are often considered to be "Growing Pains" in the bone and muscles of the lower extremity. While in a small number of cases this might be true, in a majority of the cases the pains that plague these children and teenagers may be caused by lower extremity malalignment problems such as flatfeet and knock knee.

## CAUSES:

- Excessively flat feet or feet that point to the outside when the child walks
- Children that are knock-kneed. (Knees appear to touch each other when the child walks)
- Tight muscles, especially the calf, hamstrings and external rotator muscles of the hips.
- Walking barefooted
- Playing sports or doing activities with poor shoe gear.
- Occasionally rapid growth

## SYMPTOMS:

- Pain with activities, especially along the inside of the shinbone and knees.
- Premature fatigue with activity.
- General avoidance of activity and sports.
- Leg pain, especially at night, that may awaken the child
- Lower back pain.
- Often associated with toe walkers.

## TREATMENT:

- **Medical history** of the child and family to be sure there aren't infections, traumas or inflammatory conditions that can mimic problems in the lower extremity.
- A thorough lower extremity **exam** by our doctors to identify areas of tightness, weakness, instability and pain.

- Changing of shoe gear to add more **support**. Children must avoid going barefooted especially when they are having pain.
- **Physical therapy** to decrease overall muscle tightness and to improve muscle strength, coordination, reaction time, and flexibility.
- Custom molded **orthotic** (shoe inserts made from a plaster impression of the child or teenagers foot) to realign the lower extremity. In many cases this will almost overnight eliminate the leg pains that these children experience.
- **Casting** the leg to stretch the calf muscle may be needed. It's a temporary walking cast that requires a lot of activity while in the cast. If a child has tight muscles below the knee, a walking cast is crucial to help permanently eliminate the pain.

## PROGNOSIS:

Early identification of predisposing causes to these growing pains is important to the child and teenager's overall health and wellness.

Many children who have been diagnosed with growing pains have primary causes that can be addressed with great success. Many of these children are not able to keep up with their peers during activity due to pain and premature fatigue and ultimately this may affect their self-esteem. They become more likely to sit at home and work with computers and are less likely to participate in sports. Inactive children usually become inactive adults who may be overweight.

It is critical to understand why these children or teenagers are having leg discomfort and not have the problem brushed off as growing pains. There is no such thing.

**We can always quickly eliminate these pains.**

