

# Growing Pains in Children

## What are Growing Pains?

Unknown ankle and foot pain in children are commonly considered “growing pains”. The reference to “growing pains” relates to an unknown and harmless condition affecting between 10 to 20 percent of children. Growing pain in children is a pain syndrome more often affecting the legs and occurs in children aged two and twelve although, most commonly known to occur between ages of eight and twelve.

More importantly, each child will move through their own individual stages of development and at their own pace. Most commonly, occurring in both legs, growing pain affects the thighs and calves although these unknown conditions can occur in one leg at a time. Pain often occurs at night, is often achy or sharp and usually affects both legs.

## What Causes Growing Pains in Children?

No one is certain about the causes of growing pain and there is no evidence shown that growing pain is related to bone growth. Its more than likely, growing pain is caused by the overuse of leg muscles which can be a referred pain coming of bone growth centres that occur when kids are active.

## Rapid Growth and Growing Pains?

Symptoms of pain in legs, thighs and feet seem to be the growth itself that causes the pain. More than likely it is the stress impacting on these areas. Due to a lack of evidence, the answer can be complicated by other symptoms or conditions although, children do have periods of rapid growth and pain can be associated with the growth centres.

## Three Groups of Children Get Growing Pains?

The first group are children who are very active. In fact, [over 78% of children’s growing pains commonly occur after exercise](#). As a result, growing pains are more likely to occur in children who have flat feet or in kids who are overweight.

When determining treatment for your children’s feet we firstly evaluate whether there is a mechanical problem causing your child’s growing pains.

The second group for example, are children who have flat feet and may develop growing pains from the overuse of the muscles on the medial or inside of the leg and are over compensating to support their flat feet.

The third group of children are when other mechanical problems occur besides flat feet. This third group which mechanical problems can also experience growing pains and be treated with customised orthotic therapy solution.

## More Serious Problems

If your child is experiencing pain in the legs thighs or feet may be due to more serious problems and will need to be evaluated. As a precaution, the following symptoms may be a sign of conditions not related to growing pains and may be symptoms of a more serious nature.

If your child is experiencing these symptoms, please see a podiatrist to have them evaluated.

- Ongoing Pain that lasts all day
- Weakness
- Redness
- Swelling
- Limping

Does your child experience symptoms of growing pains?

Call our friendly podiatrist or book an appointment online. We specialise in the treatment of children's foot problems.

Reference:

*Source: Kaspiris A. Growing pains in children: epidemiological analysis in a Mediterranean population. Joint Bone Spine. 2009 Oct;76(5):486-90. Epub 2009 Sep 29.*

**Plagium checked 62 sentences and found 40 documents that have been analyzed and compared to the text you have submitted. However they do not make use of the text that you entered.**



## Custom Orthotics Guide

This article is created to draw prospective clients that are searching for solutions for orthotics. Liberty Marketing has researched the most searched questions on the internet and search engines are looking for a match to their query and buyer intent.

### Seed Keyword Questions.

how are custom orthotics made

where to get custom orthotics

can custom orthotics cause knee or other joint pain

are custom orthotics necessary

do custom orthotics wear out

do custom orthotics work

## Custom Orthotics Guide

There is a time-tested and dependable quote from the Greek Philosopher Plato; “A good decision is based on knowledge and not numbers”. Making the right decision on custom orthotics is exactly the same!

The disappointment in your new orthotics not measuring up to what they meant to do is a great source of frustration and disappointment.

The right choice is to make an educated decision and buy higher quality orthotics that lasts 2 or 3 times longer and actually serves the purpose they are designed for. Essendon Podiatry Clinic answers 6 of the most common, custom orthotics questions:

### Do Custom Orthotics Work?

Indeed, custom orthotics do work, but you need to find a good podiatrist. Not all podiatrists offer high quality orthotics, so you need to understand the difference between properly prescribed orthotics and inferior low-cost orthotics.

### Are Custom Orthotics Necessary?

Orthoses are custom designed to address the person’s particular foot problems. There is a wide range of conditions where orthotics can help and only a trained podiatrist with extensive knowledge can assess each specific condition. Below are 7 common recurring conditions custom orthotics can help manage and correct.

- Corns and calluses
- Foot ulceration
- Tendonitis
- Recurrent ankle sprains
- Heel pain
- Recurrent stress fractures of foot and leg bones.
- Front of knee pain

## Can Custom Orthotics Cause Knee or Other Joint Pain?

Poorly prescribed orthotics can cause knee or other joint pain. For example, when your foot pronates too far, it may cause your lower leg and knee to rotate internally.

This will cause knee pain and you should have your orthotics reviewed. Our carefully designed orthotics will prevent your foot from improperly pronating. The design of your custom orthotics improves your knee's alignment to prevent knee pain.

A good podiatrist is hard to find, so you should only use a podiatrist that has proper training and a long history of working with orthotics.

## How Are Custom Orthotics Made?

Custom orthotics are prescription only devices made specifically for the individual person and they relate to the unique conditions pertaining to the individual's foot pathology and structure.

The orthotics exactly match the contours of the feet, to support and provide corrective motion or movement when walking or running.

Your foot orthotics also provide comfort for every day walking and are specifically designed for athletes who need foot support when running or competing in sport.

Once a podiatrist has conducted a complete evaluation of your feet, a computer-generated mould of your foot is manufactured with a variety of materials, to accommodate your unique foot conditions, pathology and structure.

## Do Custom Orthotics Wear Out?

Every person's orthotics will wear at different times and there is no specific date for expected decline in quality or effectiveness.

You will need to have your orthotics' reviewed and serviced every 6 months on average to decide whether or not your orthotics need to be replaced.

Just like shoes your orthotics will wear over time and proper foot alignment will prevent many re-occurring symptoms such as aches and pains associated with incorrect posture and gait.

## Where to Buy Custom Orthotics?

You could be wasting your money buying custom arch supports that are available at your local shoe store or pharmacy! Prefabricated arch supports are generic by design and are basically pre-packaged arch fillers and not designed for an individual's prescribed foot condition.

In specific circumstances of sudden or acute onset of foot pain, you may consider a professional grade prefabricated device only available through your podiatrist.

With this in mind, a professional grade device is not only a timely and cost-effective solution to your foot pain, in many cases, professional grade prefabricated orthotics are an alternative treatment option if your foot type closely mirrors the general shape of the device.

Custom made orthotics are devices prescribed by a podiatrist and are designed for a variety of foot conditions. Custom orthotics are manufactured by design and can only be purchased through your podiatrist.

Your custom-made orthotics are covered by private health insurance and Medicare. For more information please book online or contact Essendon Podiatry Clinic.

## Laser Therapy Treatment for Fungal Toenails

Chronic pain often accompanies a variety of illnesses, painful foot conditions, and injuries of the feet and ankles. One of the latest technologies that provides a beneficial solution for the treatment of fungal toenails is called [Laser Therapy Treatment](#).

Laser therapy is the latest treatment for fungal toenails that improves the appearance of your nails in many cases. Laser therapy is extremely effective and works by penetrating the nail plate destroying the infected fungus areas under the nail. This procedure is pain free and has no side effects more importantly for best results and for the best-looking toenails will occur with four laser therapy sessions and the use of our specific protocol.

However, patients need to understand that not all thick nails are the result of fungal toenail infections and laser therapy will work on nails with a fungal toenail infection. Make sure you're getting the right advice and book in to see your Podiatrist.

When you book in for an assessment with your Podiatrist they will diagnose a recommend treatment and prepare the nails or injury area for laser therapy if indicated. This appointment may take approximately 30 minutes and healthcare rebates are available.

Depending on the severity of the affected area treatments may vary in duration and number of visits. Your podiatrist will notify you on the number of laser therapy treatment sessions needed. Generally, 4 treatments are required.

### What is laser treatment for the feet?

If this sounds like an intriguing prospect, it would be useful to understand more about laser treatment. The following are useful pieces of information about laser therapy.

#### Types of lasers

There are two types of lasers used in physical therapy: class 3 and class 4. Lasers that belong to the former possess a power of less than 500 milliwatts, while the latter types have a power of greater than 500 milliwatts. Class 3 lasers are also referred to as cold lasers and they are used for low-level laser therapy (LLLT). On the other hand, therapists use class 4 lasers to conduct high-power laser therapy (HPLT). It is important to distinguish between the two classes to know which one is more appropriate.

#### Analgesic properties

Laser beams have been found to decrease nerve sensitivity by reducing a pain-eliciting chemical called [bradykinin](#). HPLT can normalize ion channels and release endorphins to create pain-relieving properties. It can also induce pain-blocking effects to several nerve

fibers. Acute conditions should have the treatment administered as soon as possible. This will help reduce inflammation, induce the healing process, and help the body return to its normal state at a faster rate. A lot of injured athletes find this quality appealing.

## **Aesthetic applications**

One of the most common applications of LLLT is as a treatment for [androgenetic alopecia](#). It refers to a progressive form of hair loss that is caused by dihydrotestosterone (DHT). Laser treatments remedy the problem by irradiating photons into the tissue and helping cells regain their former health. This allows hair follicles to regain their functionality.

## **Quick procedures**

When it comes to discussing the actual process, it might surprise readers to know that it would only take a couple of minutes. It will usually last anywhere between 5 and 10 minutes depending on several variables. This makes laser therapy ideal for people with busy schedules.

## **Side effects**

LLLT procedures involve no side effects because of the cold nature of the laser. The therapy is non-invasive and non-toxic. HLLT procedures are similarly safe, though patients might experience mild discomfort during the procedure. It is also possible to experience redness in the treated area, but this will disappear within hours after the treatment.

## **Administration locations**

Podiatry clinics and physical therapy offices often have lasers for therapy purposes. The procedures are extremely popular among athletes. If one wishes to use it for a more specific purpose, further research is generally required.

This overview should give the readers an idea of what to expect from laser therapy and how to treat fungal toenails. However, it would be best to consult with your podiatrist to see whether it is appropriate for treating a specific condition.

If you would like to book an appointment, please contact our friendly staff or use our convenient online appointment booking system.

# Plantar Fasciitis

## Your Complete Guide to Plantar Fasciitis Treatment

One of the most common reasons why many patients visit the Essendon Podiatry Clinic with pain of arch or heel pain is a condition called plantar fasciitis. In fact, there are many causes of heel pain although plantar fasciitis is the most common cause.

Plantar fasciitis is caused by inflammation and/or degeneration of a band of tendon that runs along the arch of your foot from your heel to your toes to stabilise the arch while walking or running.

### Plantar Fasciosis vs Plantar Fasciitis

What is commonly called plantar fasciitis (simply means the plantar fascia has inflammation) is called plantar fasciosis (degeneration of the fascia) in anatomical terms. However, plantar fasciitis, has now become the term most commonly used to most people.

### Evidence Based Treatment Protocol for Plantar Fasciitis

At the Essendon Podiatry Clinic our treatment for plantar fasciitis is based on best practice and the most up to date evidence based studies provide for the best treatment and management options.

### Planning Your Treatment for Plantar Fasciitis

Most importantly, recent evidence based research indicates that mechanically induced arch and heel pain is most effectively treated by prescription orthotics and custom moulds designed to take tension off the plantar fascia where prefabricated orthotics will fail.

In fact, in more difficult cases of plantar fasciitis, custom functional orthotics may be prescribed. We use laser foot technology to design your moulds and ensure best function and comfort of your orthotics is 100% guaranteed.

If you need further information, please don't hesitate to contact us for an appointment or [Book Online Here](#)