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GROWING PAINS TREATMENT PLAN

Patient prone

Flex heel to buttock and hold Lift thigh off table to stretch

Stretching Plan

Quadriceps

Patient prone Knee flexed to 90 deg. Push foot down to stretch

Calf

Patient supine Knee straight Push foot up to stretch



Patient supine Lift leg by heel Hold knee straight Flex hip to stretch

Note: Hold stretch for 15-20

seconds. Repeat each stretch 10-20 times, alternating legs. Stretching regimen should be done twice a day.

Revised July 8, 2019