



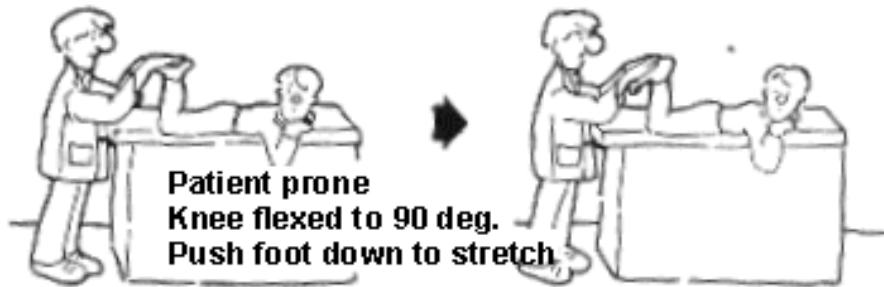
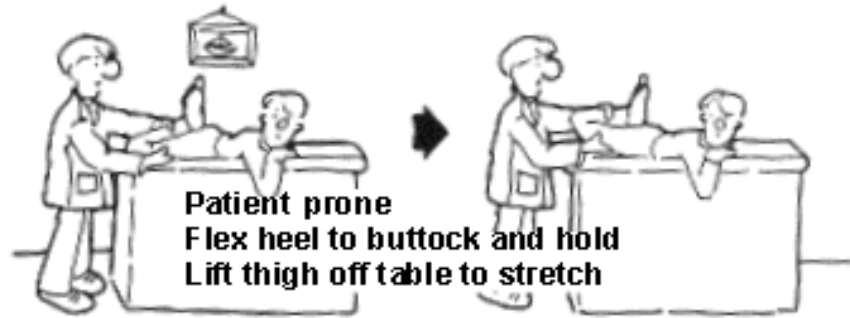
# MIDDLEBORO PEDIATRICS

2 LAKEVILLE BUSINESS PARK, LAKEVILLE, MASSACHUSETTS 02347 TEL (508) 947-0630 FAX (508) 947-0639  
MARTIN A. GROSS, MD, FAAP HILARY A. WELLAND, MD, FAAP AARON D. BORNSTEIN, MD, FAAP CAROLINA P. GAPUD, MD, FAAP  
FIONA E. PAUL, RN, PH.D., CPNP AMY C. HATCH, RN, CPNP MEREDITH M. RUBINI, RN, CPNP

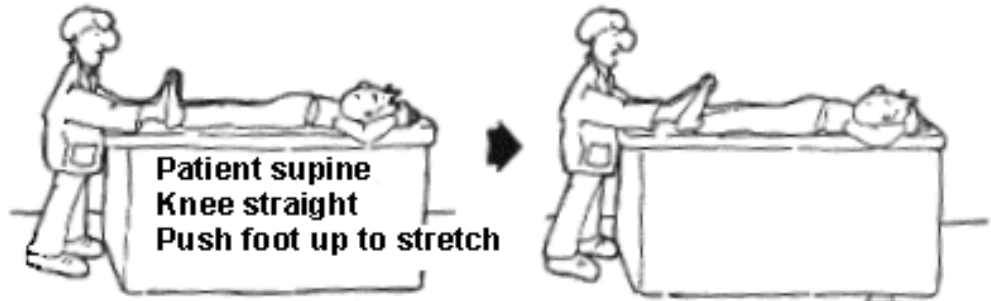
## GROWING PAINS TREATMENT PLAN

### STRETCHING PROGRAM

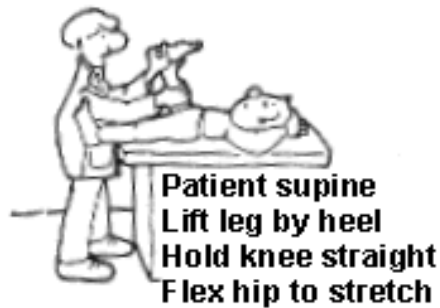
#### QUADRICEPS



#### CALF



#### HAMSTRINGS



Note: Hold stretch for 15-20 seconds. Repeat each stretch 10-20 times, alternating legs.

Stretching regimen should be done twice a day.