

SHEPPARD CHIROPRACTIC

Growing Pains

How many of you have experienced the heartbreak of having your little one cry at bedtime with what seems to be indescribable pains in her/his legs?

You have probably tried all the standard parent remedies: wet towels, walking, reading to your child, cuddling, massaging the legs, all to no avail. The pain still persists. Eventually, your child finally falls asleep out of sheer fatigue and you simply dread this same event occurring tomorrow. Your heartstrings and nerves have had it! Finally, out of pure frustration, you seek professional help only to be told that “it’s simply growing pains” and that your child will eventually “grow out of it.” You can’t wait.

Worried parents often hear such comments. You have probably been told that your child’s legs hurt because the bones, ligaments, muscles, etc., are growing and therefore “stretching,” so it is perfectly normal that they should hurt. This has traditionally been explained away as a normal part of childhood. Does this sound all too familiar?

Many concerned parents believe this theory, for on the surface it seems sound. When you really think about it, however, those explanations simply do not make any sense. After all, when did it ever hurt to grow? And why only the legs? Don’t the arms, the nose, the fingers and other body parts also grow? Why don’t they hurt?



The vast majority of children with “growing pains” are in the very active, physical years. The sudden bumps, jolts, and stresses of vigorous play often produce vertebral subluxations

(misalignments) of some of the spinal bones. These vertebral subluxations affect the way nerves control the function of your child’s legs and knees. In adults, this is called sciatica: pain in the leg.

Many parents are surprised to learn that most of the problems I see in adults can be traced to some childhood incident, which caused a vertebral subluxation. Consider this: those of you who are bothered by low back and/or leg pain today (as adults), most likely also experienced “growing pains” when you were little. You may not realize that having your subluxations corrected when you were a child, may very well have eliminated the difficulties you are experiencing now!

If your child is experiencing pain in the legs, or “restless legs,” a visit to a chiropractor with pediatric experience should be a priority.

Paradigm Partners of New Jersey – a world-renowned research and lecture group, recently named Dr. Ressel “Chiropractor of the Month.”

For additional information please contact Sheppard Chiropractic at 753-5437.