

# KNEE PAIN

Knee Pain in children can be a result of many factors. Most commonly, it is a result of overuse in active teenagers but can also be caused by a specific trauma or condition.



It is quite common for children to complain of knee pain without having sustained any type of trauma or injury, especially active adolescents.

A change in activity level or sport may be related to the onset of symptoms, usually the onset of knee pain will occur after a considerable delay. The most common reason for knee pain in children is due to overuse.

There are many conditions that cause knee pain in children. Therefore, it is important that you arrange an assessment for your child with a Paediatric Physiotherapist or Podiatrist so that they can diagnose the exact cause and begin the most appropriate treatment

Common causes:

- Osgood-Schlatter's disease
- Sinding-Larsen Johansson syndrome
- Juvenile Arthritis
- Osteochondritis Dissecans
- Trauma

