

When “growing pains” might be something more

Many kids have occasional aches, but persistent pain can signal a rheumatic disease. *Do you know the difference?*

Growing pains

■ **Achy or throbbing pain** in both legs, usually in the thighs, calves, or behind the knees.

■ **Pain comes and goes**, mainly in the evening or at night, and is usually gone by morning.

■ **No joint swelling or warmth.**

■ **Does not limit** your child's movement or daily activities.



Possible pediatric rheumatic disease

■ **Joint pain** with visible swelling or warmth.

■ **Stiffness**, especially in the morning or after rest, and loss of range of motion.

■ **Pain that is constant**, lasts more than six weeks, or keeps your child awake at night.

■ **Limping**, favoring one limb, or avoiding activities they used to enjoy.

■ **Other symptoms** such as **fevers, rashes, eye redness, or fatigue.**

Staying aware of these symptoms can lead to earlier diagnosis, better support, and stronger long-term outcomes. If you notice these warning signs, talk with your child's pediatrician and ask whether a referral to a pediatric rheumatologist is appropriate. Early evaluation can help protect your child's joints, relieve pain, and support an active, healthy life.

Learn the signs. Share the message.