

# Growth Plate Injuries

Growth Plate Injuries, such as **Sever's Disease and Osgood Schlatters Disease**, are a lot less frightening than their names suggest. They are not at all "diseases," but rather overuse injuries that occur usually in the first 2 years of puberty when kids undergo rapid growth. Growth spurts can begin any time between the ages of 8 and 13 for girls, and 10 and 15 for boys.

Teens increase their risk of Growth Plate Injuries if they play high impact sports such as running, jumping, basketball, tennis, netball and gymnastics.

Growth spurts are a vulnerable time for kids because their bones, muscles and tendons grow quickly, and not always at the same time. This leads to pressure and stress on the Growth Plates that are found on the ends of bones, and can result in pain and inflammation.

## Treatment of Growth Plate Injuries at Kids Physiotherapy includes:

- » *Pain relief*
- » *Swelling management*
- » *Exercise prescription and advice to reduce loading of the growth plate*
- » *Sports tape application (rigid and kinesio-tape)*
- » *Footwear and orthotic prescription*
- » *Prescription of braces and supportive devices*
- » *Referral to other Health Professionals such as Orthopaedic Surgeon if required*

## SLIPPED CAPITAL FEMORAL EPIPHYSIS (SCFE)

**Slipped Capital Femoral Epiphysis (SCFE)** is a Growth Plate Injury of the hip joint and refers to a shift of the upper part of the femur (thigh bone) at the Growth Plate. Injury to this Growth Plate may occur suddenly, such as after a fall or sports injury, but can also occur gradually with no prior injury.

Kids with a SCFE may present with stiffness or pain in the groin area and leg. It can cause the child to limp or avoid walking due to pain.

Fortunately, when diagnosed early, most cases of SCFE can be treated successfully.

## **Treatment of a Slipped Capital Femoral Epiphysis at Kids Physiotherapy involves:**

- » *Early detection and appropriate referral to other Health Professionals such as an Orthopaedic Surgeon*
- » *Exercise prescription and advice*
- » *Prescription of equipment to reduce weight bearing*
- » *Pain relief*
- » *Joint ranging*
- » *Hydrotherapy*