Table 2

Differentiating limb pains in children

Growing pains	Concerning causes of limb pains
Well child	Fever, weight loss, pallor
Non-articular and poorly localised (shins, calves, thighs, popliteal fossae)	Articular
Bilateral	Can be unilateral or bilateral
Intermittent with pain-free intervals	Persistent
Normal gait	Limp or refusal to walk
Occur late in the day or at night	Can occur at any time
Normal clinical examination	Objective signs of inflammation (swelling, reduced range of motion, erythema, focal tenderness)