

## **PEDIATRIC RHEUMATOLOGY:**

### **Leg Pains**

- 1) Finding:** Lower extremity pain around knees and pretibial areas bilaterally in children  $\geq 3$  years of age
- 2) Relevant Information:** Patient is in good health; growing normally; active during day – pain occurs at end of day or awakens them at night. No joint swelling noted. Pain episodes self-limited. No morning stiffness. No systemic complaints, such as unexplained fevers.
- 3) Physical Examination:**
  - No distress
  - Normal chest, heart, abdominal examination
  - Skin – no evidence inflammation
  - Muscles – normal
  - Joints – normal, especially hips, knees ankles; child may have hyperextensible joints
  - Gait normal
  - Back exam normal
- 4) Screening Studies:**
  - CBC, manual differential
  - Sedimentation Rate
  - CRP, albumin, total protein, CPK

If any clinical suspicion of bone, knee or hip abnormality, then plain x-rays.

If any suspicion of inflammatory problem, then consider screening Rheumatology tests, which may include ANA, RF, IgG, IgA, Lyme, CH50, HLA-B27.

### **5) Disposition:**

1. Ongoing clinical monitoring for any evidence of joint swelling or evidence of Inflammation.
2. One dose of an NSAID when complaints occur.
3. Assess activities that may be putting undue stress on joints, such as sports, and modify these activities if indicated.
4. Referral to Pediatric Rheumatology if abnormalities on tests.

Pediatric Rheumatology (Paul McCarthy, MD): Fax: (203) 785 3932 Telephone: (203) 688 2475.