

## BEYOND THE DIAGNOSIS

# Identifying the Root Cause of Pediatric Lower Extremity Injuries

### ASSESSING STABILITY BY AGE



#### Growth Plates

Since kids' bones are still developing, consider age-related vulnerabilities.



#### Ligament Laxity

Younger kids have more flexible ligaments, affecting joint stability.



#### Neuromuscular Control

Developing motor skills impact injury risk and movement quality.

### COMMON PEDIATRIC INJURY PATTERNS & THEIR ROOT CAUSES

INJURY	CAUSE	LOOK FOR
Patellofemoral Pain Syndrome	Weak hips, poor running mechanics	Knee pain, especially in girls during puberty
Medial Tibial Stress Syndrome	Overuse, poor shock absorption, incorrect loading	Pain in the shin during or after activity
Osgood-Schlatter Disease	Repetitive stress on the tibial tuberosity	Pain & swelling below the knee after jumping or running

### ACTIONABLE ASSESSMENTS



#### Hip Stability Tests

Crucial for diagnosing knee pain and other lower extremity issues.



#### Running/Gait Analysis

Look for compensations that may indicate weaknesses in hip or knee control.



#### Return-to-Play Progression

Ensure strength and stability are adequate before returning to high-impact activities.