

Growth Related Sports Pain

A practical guide for young athletes and families



Pain during growth deserves attention. It does not always mean stopping sport.

01 COMMON PAIN PATTERNS



Below the kneecap

Osgood-Schlatter: pain at the bony bump below the knee, often with running, jumping, squatting or kneeling.



Back of the heel

Sever's disease: heel pain commonly brought on by running and jumping.



Lower edge of the kneecap

Sinding-Larsen-Johansson: pain often linked with running and jumping.



Hip or pelvis

Apophysis irritation can occur where strong muscles attach. Sudden pain after a forceful kick needs assessment.

02 WHAT TO DO WHEN PAIN STARTS



TELL SOMEONE

Let a parent or guardian and coach know. Note where it hurts and what makes it worse.



ADJUST THE LOAD

Reduce actions that aggravate it. Do not push through a limp, changed technique or worsening pain.



KEEP SUITABLE ACTIVITY

Pain-free or less-irritating training may be possible. Complete rest is not always needed.



BUILD BACK

Increase training in stages as symptoms settle. Strength work can help restore capacity.

03 WHEN TO GET HELP



ARRANGE AN ASSESSMENT

If pain is recurring, persistent or worsening; causes a limp; limits training or daily activities; or comes with swelling. Get advice if the cause is unclear.



SEEK PROMPT MEDICAL ADVICE

For sudden severe pain after a fall or forceful movement, inability to bear weight, rapid swelling, a hot/red joint, fever or feeling unwell, or pain at rest or at night.

Growth is one part of the picture. Training changes, recovery and other health factors matter too. These examples are not a self-diagnosis checklist.



Need help with sporting pain? Strides Performance can help plan training adjustments and rehabilitation.

STRIDES HEALTH GROUP • 426 Princes Hwy, Narre Warren VIC 3805 • 0411 876 851

admin@strideshealth.com.au • strideshealth.com.au

Sources: AOSSM (2025); Rathleff et al. (2020); Better Health Channel. • General information only; seek individual advice when needed.