



# ALASKA NATIVE MEDICAL CENTER



## LEG

### Diagnostic

#### Treatment Recommendations:

- Leg pain is managed by rest, activity modification, NSAID protocol, or Physical Therapy; check shoes.
- Angular or rotational deformities in children rarely need intervention; consider referral if parent reassurance is needed; progression normally is from genu varum (bowing) up to 3 years, to genu valgum (knock knees) up to 6 years, and close to adult alignment by age 7
- Non-ossifying fibromas are benign, eccentrically located metaphyseal lesions frequently identified as incidental findings on radiographs; referral is not necessary.

#### Patient Handouts:

- Foot Fact Sheets, Booklets and Brochures.

#### Referral Guidelines:

- Lower leg pain unresponsive to conservative treatment.
- Vascular pain syndrome unsuspected or ruled out.
- Neuropathy ruled out.
- Severe angular deformities e.g. Blount's Disease.
- Please obtain x-rays of painful area.