

Can your child grow taller?

Can playing basketball help your kids to grow taller? How about increasing the intake of proteins? There are several myths concerning growing taller, Dr KL Liu, a specialist in orthopaedics and traumatology, will reveal the truth.



Genetics determine our maximum potential height, but acquired factors such as diet, illness, trauma, radiation and living habits may affect growth and our actual adult height.

Will sports affect height?

There are not many studies that prove diet and sports can help kids to grow taller. But certain sports may stunt their growth. For example, if children start weightlifting at a young age, the excessive weight gives

pressure on undeveloped bodies, it may affect bone growth and cause inability to grow to their full potential height.

Can basketball make children taller?

No. It may be based on the fact that as tall people have a distinct advantage in basketball, people will assume that playing basketball more often will accelerate height growth.

Why is the height in the morning and at night different?

Our spine has more than 20 vertebrae. There is fluid in the intervertebral discs above and below each vertebra. The discs are unloaded and hydrated during sleep, thus increasing our height when we wake up in the morning. Our height may shrink at night because our spine is compressed during the daytime, but the difference is not significant. Whether we can keep an upright posture during measurement will also affect the outcome.

Will sleeping more help?

After the developmental years, sleeping hours will not have an influence on height. But without proper sleep, it will affect children's growth, and they may not be able to reach their genetically predetermined height.

How about stretching?

Stretching will not make your kids taller. Most long bones are tubular, located on the limbs including hand and foot bones. The growth of long bones is due to the continuous splitting of cells in the growth plates, which elongates bones, thereby stimulating the development of muscles, nerves, blood vessels, tendon and skin. Increase in height is due to the bone growth. It is a misconception that stretching may contribute to children's ability to grow taller.



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