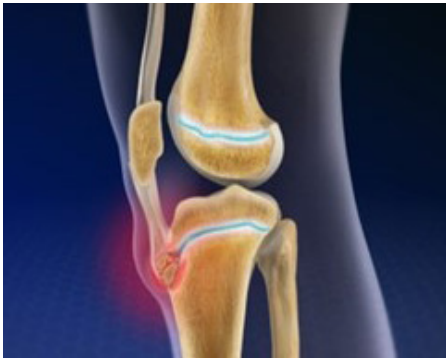


Osgood-Schlatter Disease



Osgood-Schlatter Disease is a condition which can occur in children going through growth spurts and is characterized by pain over the bony prominence on the shin bone just below the knee. Activities like running, jumping, and cutting can cause a child's thigh muscles (quadriceps) to pull on the patellar tendon which attaches the patella to the growth plate on the shin bone. Repeated excessive pulling from physical

activity along with the muscles and tendons becoming tight during a child's growing years are the causes for the pain. The condition is self limiting, but learning how to manage it can help to minimize symptoms and keep one as active as possible.

What are the symptoms?

Symptoms are pain, tenderness to palpation, and swelling over the bony prominence on the shin bone just below the knee. Symptoms can be in one knee or both knees. Activities that commonly increase the pain are running, jumping, and quick changes of direction.

What treatment can be done to help the symptoms?

- REST and/or modified participation in physical activities that put increased stress on the knees.
- Application of ice
- Wearing cushioned tennis shoes for exercise to help absorb shock and lesson impact on the knees.
- Physical therapy evaluation and treatment including recommendations for an exercise/stretching program and potential taping/bracing/arch support recommendations.
- Use of over the counter anti-inflammatory medication if recommended by your MD