

Patient Information Leaflet



Osgood Schlatter's Disease

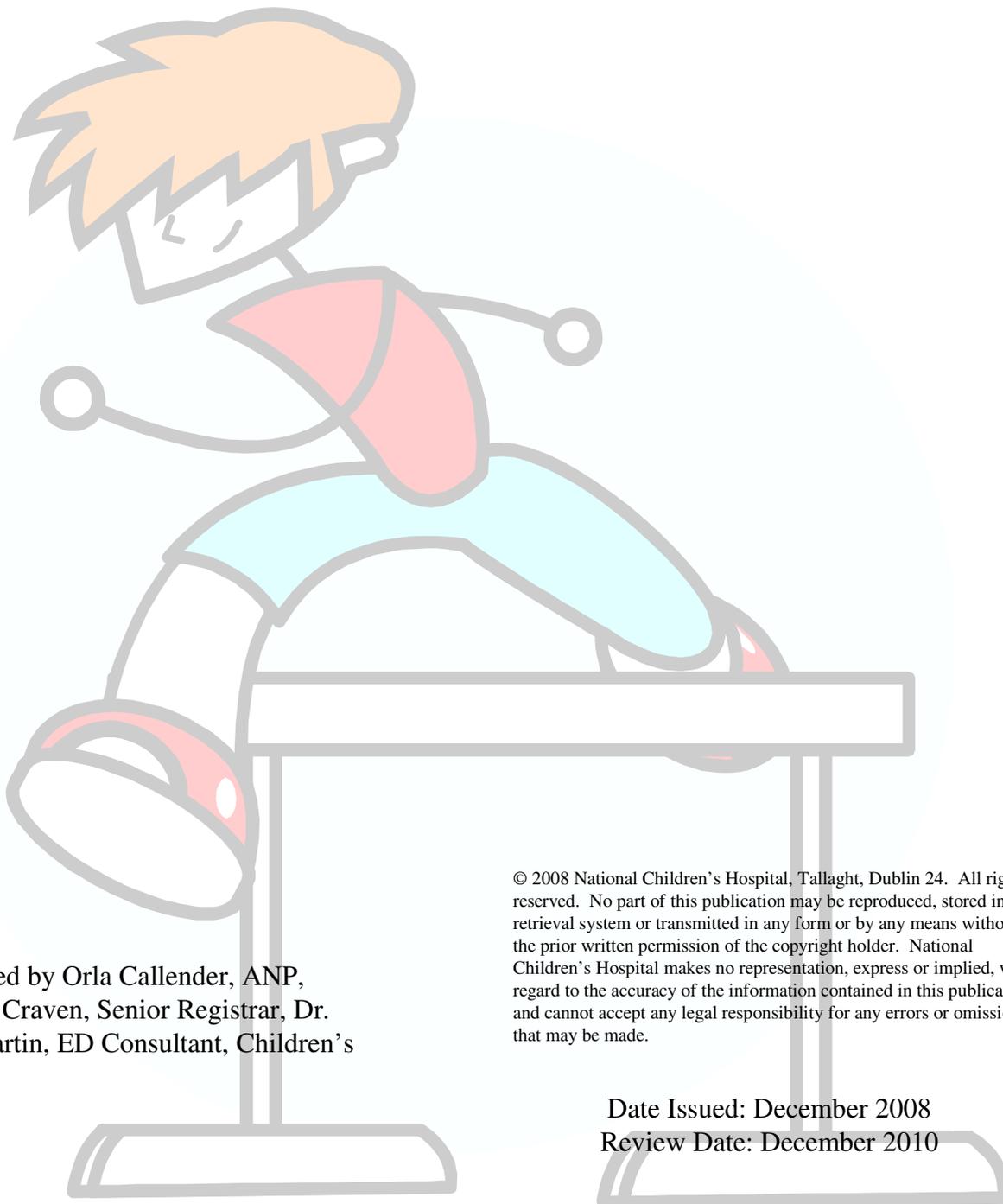


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Date Issued: December 2008
Review Date: December 2010

**THE ADELAIDE & MEATH
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What is Osgood Schlatters disease?

Osgood Schlatters disease is a very common cause of knee pain in children and young athletes. It is a condition where the bony bump below the knee (called the tibial tuberosity) becomes inflamed, painful and swollen.

The two main factors that contribute to Osgood Schlatters disease are:

- Sports & physical activity
- Growth spurts

Picture of knee:



What are the symptoms of Osgood Schlatters disease?

- Swelling at the tibial tuberosity (or bony bump at the top of the shin) just below the kneecap
- Tenderness and pain on the tibial tuberosity during and after exercise
- Pain when contracting the thigh muscles against resistance or with the leg straight

What causes Osgood Schlatters disease?

The patella tendon inserts at the tibial tuberosity. When heavily used, it can tug away at the bone causing inflammation. It is seen more often in children involved with running and jumping activities which put a much greater strain on the patella tendon. With repeated strain new bone grows which causes a bony lump that is felt at the tibial tuberosity. The Osgood Schlatters will normally clear up when they stop growing.

What can be done for Osgood Schlatters disease?

Diagnosis can be made without investigations such as x-ray. Rest and pain relief are the most important components to treatment. With rest, the pain will settle but may flare-up again from time to time.

PAIN MANAGEMENT:

Rest: this injury needs rest if it is to heal properly. Only do as much exercise as able without causing pain. Many children can continue to jog, run and play sports but if pain is severe complete cessation of activity may be necessary for several months to allow pain to settle. Try to avoid activities that involve jumping, squatting or kneeling.

Ice: ice and cold therapy may be useful to reduce pain and swelling, particularly following activity or sport. The area should be iced until it feels cold not 'frozen'. Never apply ice directly onto the skin, as this may cause tissue damage.

Medication:

The following will help treat your child's pain:
Paracetamol (see bottle for instructions)
Ibuprofen (see bottle for instructions)

