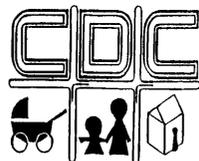


Will it get better?

- Your symptoms will improve but some symptoms may last for up to 12 months.
- In most people, Osgood Schlatter's goes away on its own with modified activity and time.
- However, if you ignore the pain and play through it, the condition may get worse and take longer to resolve. The bony lump at the front of your knee may remain and you may experience discomfort on kneeling.
- With future growth spurts the pain may return therefore keep doing the stretches and follow the advice given.

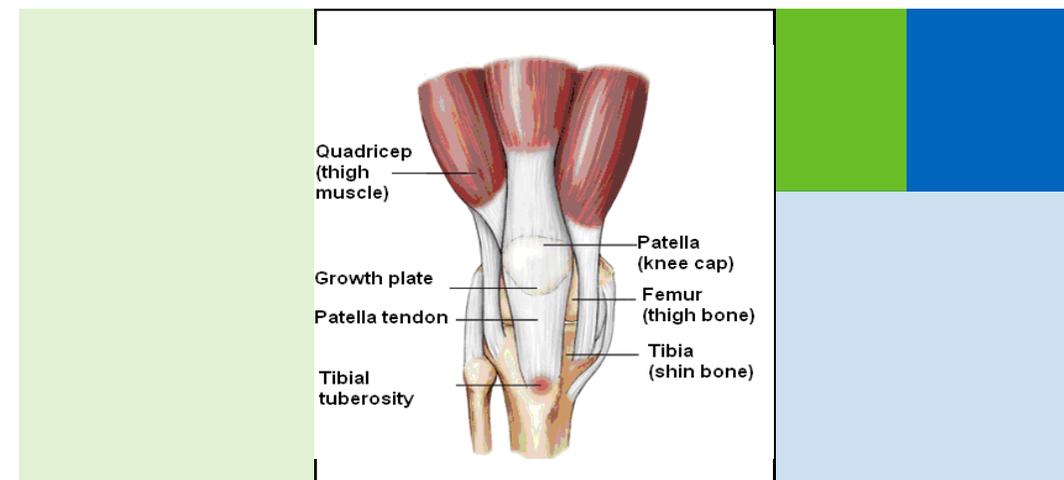
If you have any questions or concerns please contact:

The Child Development Centre
Physiotherapy Department
Hill Rise, Kempston, Beds
MK42 7EB



Paediatric Physiotherapy

Osgood Schlatter's Disease



Information leaflet for parents and young people about Osgood Schlatter's disease and advice for management

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What is Osgood Schlatter's?

- Osgood Schlatter's is a very common cause of knee pain in children. It is a condition affecting the bony lump just below your knee cap.
- Osgood Schlatter's is caused by overuse of the strong muscles at the front of the thigh (called the quadriceps). These often become tight as a result of rapid growth.
- Pain is usually felt during or after sport, as an ache or soreness at the front of the knee. In severe cases, pain can be felt just walking around.

Who does it affect?

- Children aged between 10 and 16 years old.
- Children participating in activities that stress the patellar tendon (Quadriceps tendon), such as jogging, jumping, and sudden turning.
- Children going through a rapid growth spurt.
- It is more common in boys than girls.

What are the signs and symptoms?

- Pain, swelling, and/or tenderness just below the knee that usually worsens during and/or after physical activity.
- A painful bump just below the knee that is sensitive to touch.
- Discomfort with running, kneeling, jumping and climbing up and down the stairs.

How is it managed?

Osgood Schlatter's can normally be self managed by:

Modifying Activity: modifying how much exercise you are doing.

Ice: ice the affected area for 10 minutes especially after activity.

Pain relief: pain relieving medication, you can discuss options with your GP.

Gentle stretching: regular stretching of the hamstrings and quadriceps for 20-30 seconds.

You will be taught specific exercises by your physio-therapist if necessary.



Quadriceps stretch

Hold for 20—30 seconds
Making sure to keep yourself upright, knees together and facing downwards.

You will feel a stretch along the front of your thigh



Hamstrings stretch

Hold for 20—30 seconds
Making sure to keep your feet facing forwards and your front leg straight.

You will feel a stretch along the back of your thigh