

## Osgood-Schlatter's Disease - a cause of knee pain in children

*Who does Osgood-Schlatter's disease affect?*

Usually highly athletic children aged 9-16 are affected by this condition due to the immaturity of their skeleton. With increased tension at vulnerable parts of the skeleton, such as where the knee cap inserts at the top of the shin bone, there is more of a risk of Osgood-Schlatter's disease.

*What is Osgood-Schlatter's disease?*

A condition where the patella tendon becomes stressed causing small fractures at the attachment point, which can lead to a visual bump at the top of the tibia (shin bone). Pain is felt in this region and it may also become swollen. Activities which irritate this condition are jumping, running, squatting, and going up or down stairs.



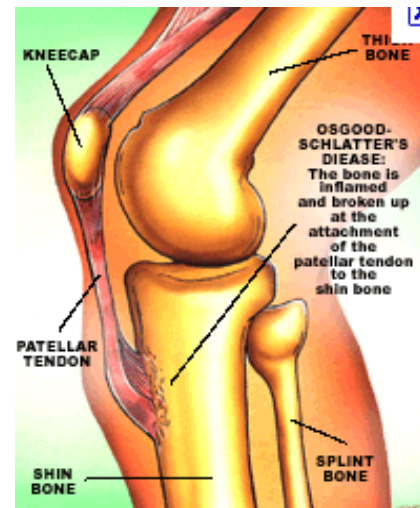
*How can you tell if your child has this?*

Consulting your Physiotherapist should be the first step to rule out other conditions or musculoskeletal injuries. An X-ray may show small fractures at the top of the tibia if it is positive for Osgood-Schlatter's disease.

*What do you do if your child has Osgood-Schlatter's disease?*

Rest is the immediate response. If your child continues to strain the tendon and its attachment then the condition may worsen. Other irritating factors must also be avoided for the proper healing process to take place. Ice and either anti-inflammatories or pain relievers may help for pain during this rest period; however consult with your Physiotherapist before giving your child any medication. Gradual strengthening and stretching may be introduced as the symptoms subside. Return to prior level of activity will vary from child to child, however it may take a few months to return to sport.

If you have any further concerns or queries regarding Osgood Schlatter's Disease, please feel to call us and a free assessment can be arranged if necessary.





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