

Description

Osgood-Schlatters disease is a common condition in young athletes that causes knee pain. It is characterized by pain and swelling just below the knee where a bump will often form at the top of the shin. It is possible to have an enlargement at the site and in more severe cases you can actually pull some bone away from the shin.

Anatomy

Osgood-Schlatters disease forms a lump or pain and swelling at the top of the tibia (shin) because it is here where the quadriceps or patellar tendon attaches.

Causes

Combinations of exercise, reduced flexibility (particularly the quadriceps) and growth spurts are the cause. During a growth spurt the muscle and tendons tighten and put stress on the growth plate (area of bone growth) at the top of the tibia. This injury is more common in active athletes or sports where repetitive running and jumping is required. This is due to an increased amount of muscle pull from the quadriceps, placing an additional stress over the growth plate at the site of tendon attachment.

Treatment

Overuse is the general cause, so **rest** is essential as the initial response to this injury. Physiotherapy treatment will assist in the fastest return to activity and may consist of:

- Advice regarding relative resting
- Icing and stretching
- Massage and biomechanical correction
- Strengthening exercise program
- Modified training techniques
- Possible referral to podiatrist

It is vital in the early stages of injury to rest. Osgood-Schlatters disease can be slow to respond to treatment and will only improve with rest and reduction in activity. Until the growth plate's closure occurs (between 16-19 years for girls and 18-21 years for boys) complete resolution of pain may not occur.



Please feel free to discuss any problems or queries with your physiotherapist or get up to date treatment options by subscribing online at www.rehabonthenet.com.