

Osgood- Schlatter's Disease

Is commonly seen in active children between 8-15 years old. A painful, swollen, bony prominence of the tibial tuberosity may be seen at the front of the knee. It does not typically effect range of motion and strength but is self-limiting, the child may need to rest when pain becomes too great.

Symptoms:

- knee or leg pain
- swelling, tenderness, or increased warmth under the knee and over the shinbone
- pain that gets worse with exercise or high-impact activities, such as running or jumping
- limping after physical activity

What causes it?

- as the length of the tibia and femur increase at a faster rate than the length and flexibility of the quadriceps muscle group the patellar tendon pulls at its attachment site on the tibial tuberosity
- due to the fact that the apophyses has not fused to the shaft of the tibia it is susceptible to traction away from the growth plate

Symptoms may be strongest during growth spurts and could last for almost a year.

Treatment:

Osgood-Schlatter disease tends to affect boys more often than girls. The age at which the condition occurs can vary by sex, because girls experience puberty earlier than boys. It usually develops in girls between ages 11 and 12 and in boys between ages 13 and 14. Common treatment modalities include:

- physiotherapy, stretching, strengthening, bracing/taping, ice
- custom orthotics to increase shock absorption and proper athletic shoes
- sport specific technique training
- rest from the painful activity

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Image ref: <http://kneeortho.org/osgood-schlatters-causes-symptoms-treatment/>