

Osgood Schlatter Disease

Information for patients

What is Osgood Schlatter Disease?

It is a common cause of knee pain in children and adolescents. It is caused by repeated stress of your large thigh muscle tendon where it attaches to the top of your shin bone. This stress results in this area becoming inflamed and painful. At times a hard, bony bump may appear in this area.

What are the common symptoms?

The most common symptoms of Osgood Schlatter Disease are:

- Knee pain either during or after participation in sports
- Swelling at the top of your shin bone which can be tender to touch
- Reduced knee strength
- Tightness of your leg muscles.

These symptoms usually appear gradually and often after you have had a growth spurt. These symptoms can appear in one or both of your knees.

What is the treatment?

By following **all** the steps below your knee pain should resolve.

- Please rest from all activities that increase your pain for 4-6 weeks to enable the pain and swelling to settle. Try different, more gentle activities (like swimming or cycling) as it is important to remain active without increasing your pain
- Place some crushed ice in a damp towel and place on the painful area for 10 minutes. Please check your skin regularly during this time- if your skin appears white or blue, stop using the ice pack at that time. Repeat this ice application every 2 – 3 hours as needed
- Start a daily stretching programme as detailed on the following page to improve your muscle flexibility.

1. Lie face down.

Bend your painful knee back and place your hand around your ankle. Pull your heel slowly towards your buttock until you feel the stretching on the front of your thigh.

Hold for 30 seconds and then relax.

Repeat 3 times in a row, daily.



2. Lie on your back.

Lift your painful leg towards your chest. Place your hands behind your knee.

Gently straighten your knee until you feel a gentle stretch behind your thigh.

Hold for 30 seconds and then relax.

Repeat 3 times in a row, daily.



3. Stand on a step with both heels over the edge. Hold on to a support (as shown).

Let the weight of your body stretch your heels towards the floor. Feel the stretch at the back of your leg to your calf.

Hold for 30 seconds and then relax.

Repeat 3 times in a row, daily.



4. Lie on your back with your knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in your buttock.

Hold for 30 seconds and then relax.

Repeat 3 times in a row, daily.



Returning to activities

Once your knee is no longer painful and the flexibility of your leg is much better you can gradually return to your normal activities. You may need to start by just doing part of your training session or game and gradually build up as long as it doesn't increase your pain.

As your knee continues to feel better you can gradually return to your usual activities ensuring you warm up and cool down properly.

Further advice

If your symptoms are not settling, you can contact the physiotherapy department on the details below.

Contact telephone numbers

Physiotherapy Team
Therapies Department
Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh
EH16 4SA

Telephone: **0131 312 1079**

