

# Osgood-Schlatter Disease

An information guide



# Osgood-Schlatter Disease

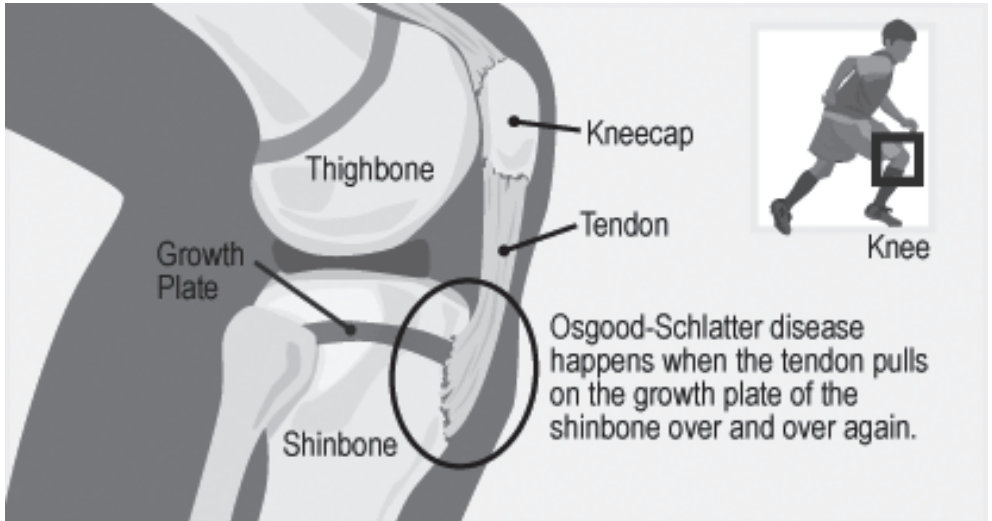
Osgood-Schlatter disease is a common cause of knee pain in the growing adolescent.

It is inflammation of the area just below the knee where the tendon from the knee cap (patellar tendon) attaches to the top of the shin bone (tibia).



Osgood-Schlatter disease often occurs in active children for example football players, dancers, athletes and gymnasts (sports that include running and jumping). However less active children may also experience this problem.

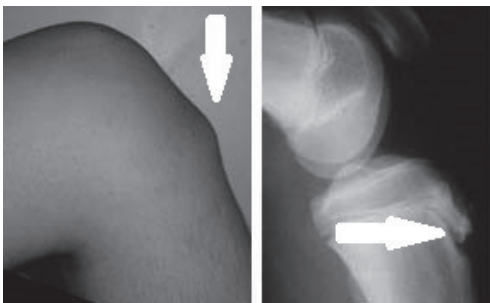
The condition often occurs during growth spurts when bones, muscles, tendons and other structures are changing rapidly (growth), physical activity puts additional stress on all these structures.



**What is Osgood-Schlatter disease:**

Overuse of the thigh muscle can cause repeated stress on the attachment of the patellar tendon to the growth plate of the shin bone (see diagram).

The shin bone (tibia) hasn't finished growing and isn't quite strong enough to withstand the strain on it. This can cause redness and soreness where the tendon attaches. In some cases, a small flake of bone is pulled off the tibia by the pulling tendon. Healing bone (callus) then forms which may cause a hard bony bump/lump to develop.



## **What are the symptoms of Osgood Schlatter's Disease?**

The most common symptoms are:

- Pain and swelling on the bony part at the top of the shin bone, under the knee.
- A bony lump which is sore when touched or when you kneel.
- Pain during sport at the front of the knee/shin bone.

Symptoms usually appear around puberty (10 to 14 years) when you are having a growth spurt. Usually only one knee is painful but both can be affected.

The diagnosis is often clear from the typical symptoms. No x-rays or scans are necessary.

## **What is the treatment for Osgood Schlatter's Disease?**

A period of rest initially is recommended to allow the symptoms to settle.

Managing your symptoms well may allow you to continue with some activities. If the symptoms persist you may need to see your GP for further management.

## What should I do now?

- Rest the affected limb for the first 2-3 days, this helps prevent further swelling and pain.
- Reduce the amount of activity you do.
- Gentle exercise like stretches to loosen up your muscles so that they don't pull so tightly on your bones (*only do these when you are not in pain*).
- Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas is wrapped in cloth or a towel, **DO NOT APPLY DIRECTLY TO SKIN** as this could cause a burn.
- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to manufacturer's instructions.

## Follow up

There will be no routine follow up for patients with Osgood-Schlatter's disease. If after 2-3 weeks you are still experiencing :

- Significant pain.
- Swelling.
- Reduced range of movement.

**Please contact your GP for further management, treatment or advice.**





**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: July 2020**

**Date of review: July 2020**

**Date of next review: July 2022**

**Ref: PI(M)529**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

