



Sara Gordon & Associates

Physiotherapy Newsletter,

Osgood Schlatters Disease

Osgood Schlatters is a common overuse knee injury that affects the upper part of the shin bone, or tibia, just below the knee. It is always in adolescents between the ages of 9 and 14 years, who are active in sports, especially those who have recently had a 'growth spurt' and is more common in boys than girls.

Osgood Schlatters is a form of *Traction Apophysitis*. This means that the tendon of the thigh muscle, the quadriceps, pulls on the covering of the bone (the periosteum) on the area of the shin bone called the Tibial Tuberosity (the small lump at the top of your shin, just below the kneecap). This causes extra bone to be built up under the periosteum, causing a lump. It is also painful!

Osgood Schlatters is self-limiting, i.e. it becomes too painful to do sport before damage is done. There is no lasting damage with Osgood Schlatters other than a bony bump under the knee if it is left untreated.

Common Osgood Schlatters signs & symptoms:

- ✓ Knee pain during and following activity.
- ✓ Enlarged Tibial Tuberosity (lump just below the knee cap).
- ✓ Pain when touching the Tibial Tuberosity.

What you can do?

- ✓ Rest from sport
- ✓ RICE
- ✓ See a physiotherapist!

What can physiotherapy do?

- ✓ Re-iterate the RICE regime
- ✓ A regime of deep massage called “myofascial release” which can be taught to a parent or guardian, **a study has found this to be effective in just three weeks!**
- ✓ Advise on appropriate stretches – they can sometimes make things worse
- ✓ Ultrasound is contraindicated as the area is close to the growth plates.
- ✓
- ✓ Provision of a brace or strap if appropriate.

A note on Severs Disease: this is a similar thing but where the Achilles Tendon joins the heel bone at the back. The causes are just the same and the treatment is the same too – just on the calf not the thigh