

# Osgood-Schlatter Disease

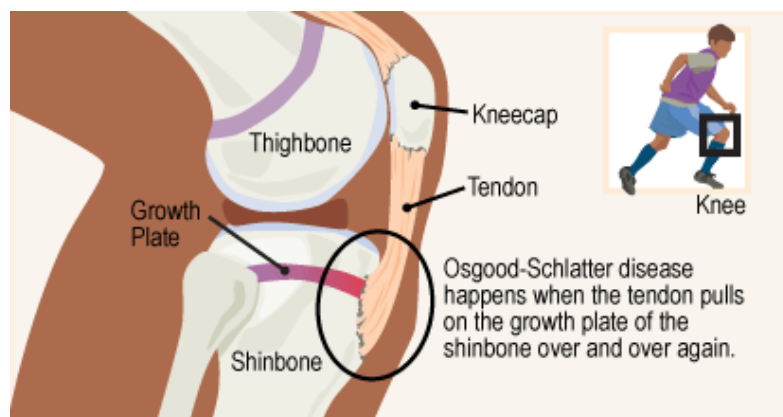


**ACCIDENT & EMERGENCY  
DEPARTMENT DISCHARGE  
ADVICE**

### Osgood-schlatter disease:

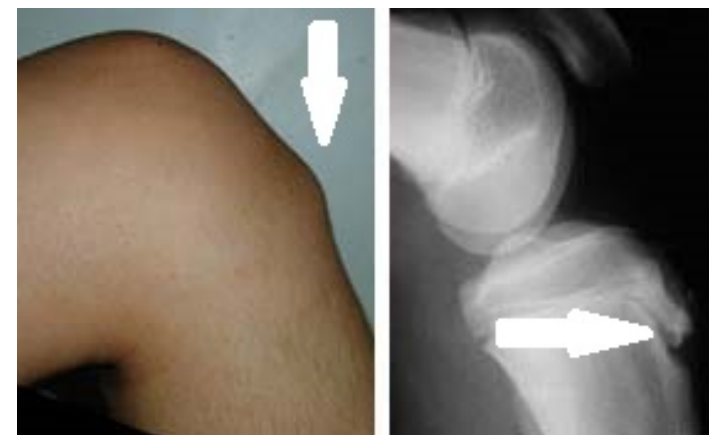
Osgood-schlatter disease is a common cause of knee pain in the growing adolescent. It is inflammation of the area just below the knee where the tendon from the knee cap (patellar tendon) attaches to the top of the shin bone (tibia).

Osgood-schlatter disease often occurs in active children for example football players, dancers, athletes and gymnasts (sports that include running and jumping), they are more prone to the condition. 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 activities 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 (10-14 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 the 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.
- Reducing 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 24-48 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-schlatters 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 you have any concerns please attend your local Accident &  
Emergency department.**

**Fairfield General Hospital – 0161 778 2896 / 0161 778 2891  
Rochdale Urgent Care Centre – 01706 517302 / 01706 517799  
North Manchester General Hospital – 0161 720 3623 / 0161  
720 2617**

**EMERGENCY DEPARTMENT  
TEL: 0161 627 8926  
THE ROYAL OLDHAM HOSPITAL  
ROCHDALE ROAD, OLDHAM. OL12JH**