



OSGOOD-SCHLATTERS DISEASE

WHAT IS OSGOOD-SCHLATTER'S DISEASE?

Osgood-Schlatter's Disease is defined as an overuse injury to the growth plate of the tibial tubercle (area on the shin, just below the knee cap).

INJURY FACTS:

Osgood-Schlatter's Disease is normally associated with a recent growth spurt in active adolescents. It is more common amongst boys than girls, although this gap is getting smaller.

Increase tension and loading applied to the tibia during running and jumping sports causes an inflammation at the growth plate where the tendon is attaching. This often produces a noticeable lump that is very tender to touch.

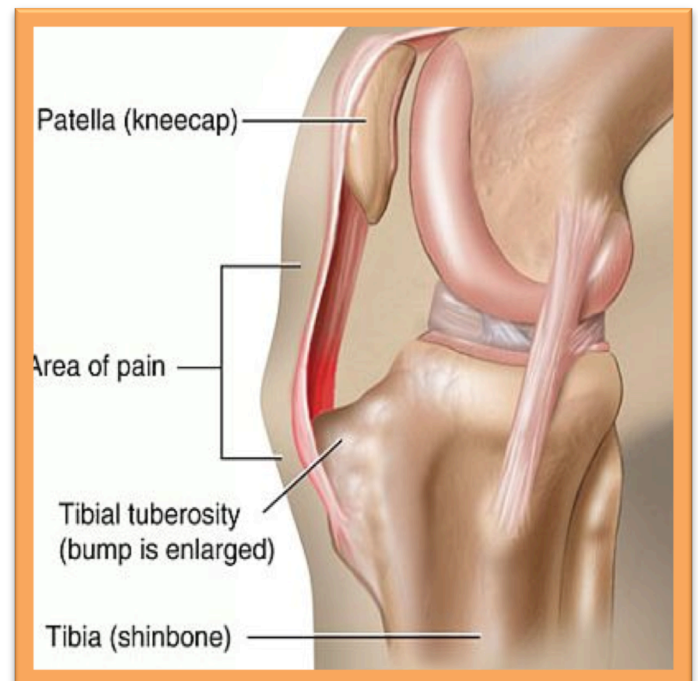
DIAGNOSIS:

During the examination the physiotherapist will take a subjective history addressing recent training load increases, growth spurts and other developmental changes. Your gait, running and jumping technique will be assessed and the physiotherapist will feel for any muscular tightness and tenderness over the front of the knee.

Sometimes it may be necessary for the physiotherapist or doctor to refer for an x-ray and a positive sign will show fragmentation at the tibial tubercle.

SIGNS AND SYMPTOMS:

- Local pain and tenderness over the tibial tubercle;
- Tightness through this hamstrings;
- Pain below the knee that worsens with activity and improves with rest;
- Swelling at the tibial tuberosity.
Gait abnormalities including flat feet and knock-knee patterns;





The
Physio
Movement

OSGOOD-SCHLATTERS DISEASE

PHYSIOTHERAPY TREATMENT OPTIONS:

- Training modifications;
- Massage techniques for tight muscle's;
- Orthotic fitting;
- Biomechanical movement analysis;
- Fitting of a knee brace.
- Muscle energy techniques;
- Quadriceps stretching and strengthening programs;
- Joint mobilization;
- Ice massage;
- Shoe analysis



FURTHER TREATMENT OPTIONS:

Anti-inflammatory medications may be needed after a doctor's review to settle the inflammation present

HELPFUL HINTS:

- Decrease training loads
- Use ice massage for 20minutes over the tender area after exercises
- Stretch the quadriceps muscles daily
- Use strapping and taping if helpful to unload the area
- Use cross-training principles to limit impact e.g. cut a running raining session out for a swimming or bike session.