

Osgood-Schlatter Disease (OSD)

Information for Patients and Parents

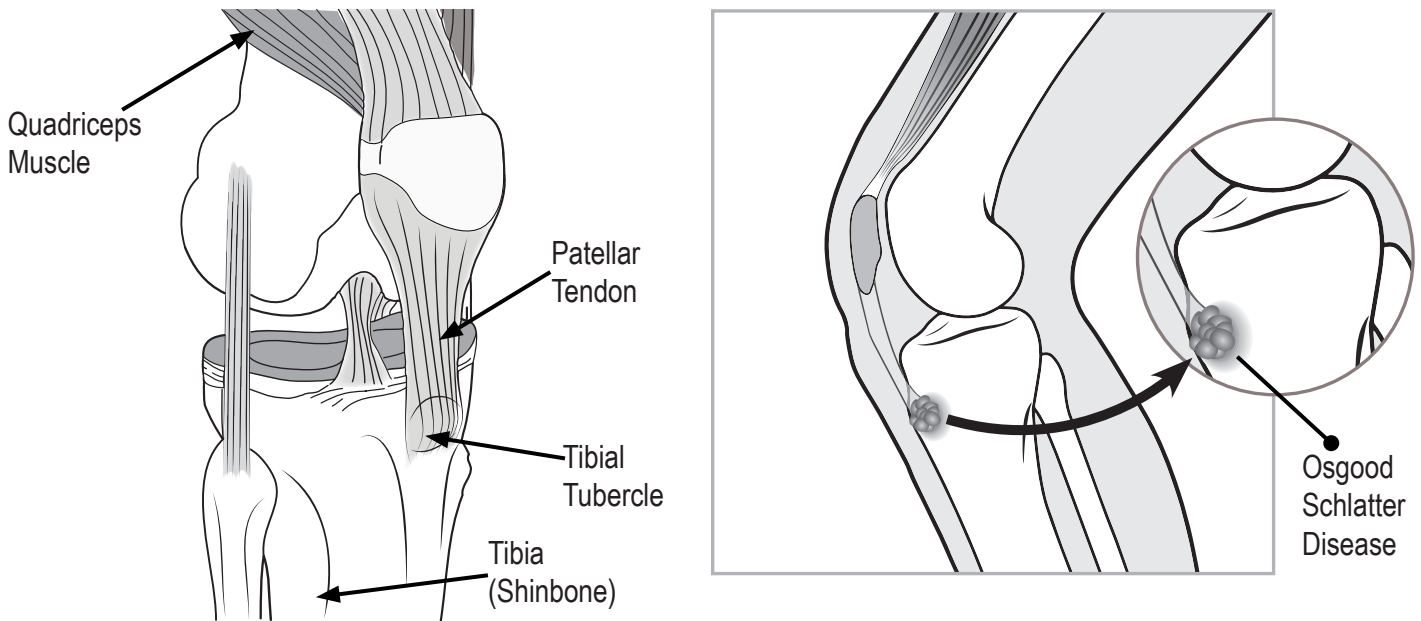


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What is OSD and Who Does it Affect?

- OSD relates to pain and swelling in an area of growth just below the kneecap (Patella) on the shinbone (Tibia)
- Common cause of knee pain in 1 out of 10 children
- Occurs in boys and girls who are very active and going through a growth spurt



What causes OSD?

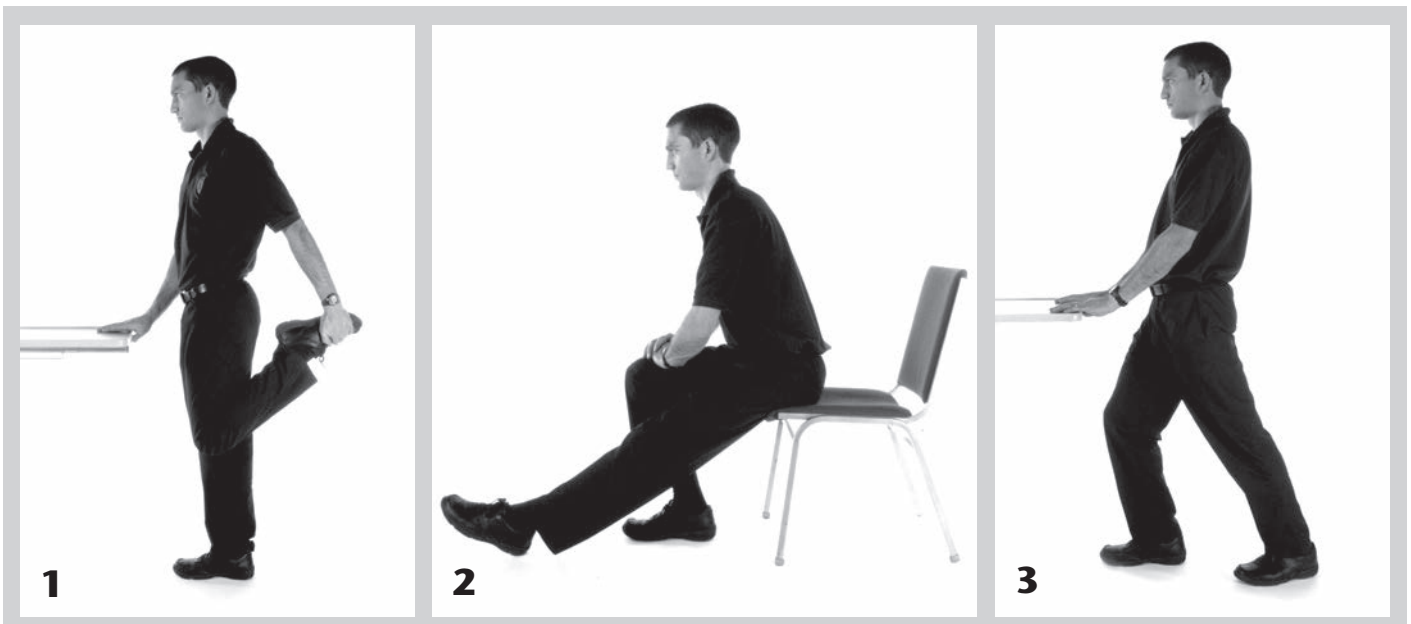
- During a growth spurt, the bones grow faster than the muscles
- The muscles on the front of your thigh (Quadriceps) which help straighten your leg go over your kneecap and attach to a bony bump (Tibial Tuberosity) on the shinbone. This bony bump is on top of a growth plate
- In OSD, sports and activities can cause repeated stress and strain to this area, which can lead to pain and swelling at the bony bump
- As this area heals, the bony bump may become more enlarged

What are the symptoms of OSD?

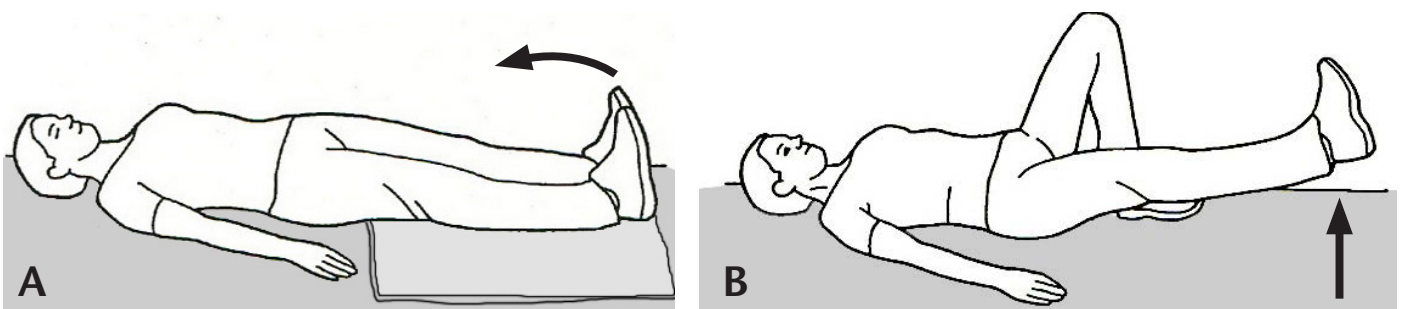
- Usually only one knee, but both knees may be affected
- Pain and swelling at the front of the knee, just below the kneecap at the point of the bony bump
- Pain is reproduced when the bony bump is touched and, or during activity (especially running, jumping, kneeling and, or squatting)

What is the treatment for OSD?

- An initial period of rest may help to settle pain and inflammation
- Managing symptoms may help and allow you to continue with activity. Some ideas may include:
 - ♦ **Ice** for 15-20 minutes when sore and especially after activity
 - ♦ Make sure you protect the skin by wrapping the ice in a towel and regularly checking the skin for redness
 - ♦ **Painkillers** (as prescribed by your doctor)
 - ♦ **Shoes** - avoid activities in bare feet and wear supportive shoes with shock absorption
 - ♦ **Limiting the amount of activity you do, especially activities that make your symptoms worse**
- Exercises to help stretch and strengthen the muscles around the knee.
- **Stretching - Until you feel a gentle stretch and no pain. Repeat 3 times with 30 second hold regularly throughout the day**
 - ♦ **Quadriceps (1)** - front of thigh
 - ♦ **Hamstrings (2)** - back of thigh
 - ♦ **Gastrocnemius (Calf) (3)** - back of lower leg



- **Strengthening - Repeat regularly throughout day**
 - ♦ **Static Quads (A)** - 10 times with a 5 second hold. Squeeze the front of your thigh muscles by pressing back of knee down into bed while pulling your foot to your head
 - ♦ **Straight Leg Raise (B)** - 10 times with a 5 second hold. Squeeze the front of your thigh muscles and lift leg off bed while keeping knee and toes pointing to ceiling



Continued overleaf

Involvement with Sport and Other Activities?

- Sport or physical activity is not likely to cause any permanent damage, but may make your symptoms worse
- Warming up and stretching are recommended
- Aim to manage your symptoms using the advice provided to help decrease the pain to a level you can cope with when participating in activities

Will it Get Better?

- Yes! Once the bones have stopped growing, symptoms should resolve
- OSD commonly resolves within a few months without treatment and following the advice above, but can take up to 24 months

If your child has not already been seen by a health professional:

- You should seek professional advice by contacting your GP if:
- Your child is unable to take weight through their affected leg
- Has significant swelling or
- Reduced movement at the knee

If your child has already been assessed by physiotherapy:

Please contact us again on **0141 452 4650** with any questions or concerns. You may need to see your GP if it has been a long period of time since you were assessed.