



OSGOOD-SCHLATTER DISEASE

Osgood-Schlatter disease is a tendonitis of the kneecap tendon. The swelling or inflammation is at the junction of the kneecap (patella) tendon and the tibia or shin bone at the site called the tibial tuberosity. In adolescents, the tendon is attached to the prebone, which is weaker than adult bone. With stress on the tendon from running and jumping, it becomes irritated and a tendonitis begins which results in pain and swelling.

Osgood-Schlatter's begins with low-grade pain approximately one-and-one-half inches (1.5) below the kneecap at the tibial tuberosity where a lump or bump can be felt. It usually takes 2 – 3 weeks for maximum symptoms to build up. The most common symptom is pain with kneeling, but pain can also occur with squatting, climbing stairs, and walking up hills.

Osgood-Schlatter disease occurs only in growing people – usually between the ages of ten and sixteen years. So, once growth is completed, most of the time pain resolves.

Treatment

1. Rest: decrease or stop activity for 2-8 weeks, per health provider instructions, until swelling decreases and pain is lessened or gone
2. Ice: apply after activity if there is any pain and/or swelling
3. Non-steroidal anti-inflammatories (such as ibuprofen): may be helpful to provide pain relief
4. Immobilization: useful in rare circumstances

Prevention

This condition cannot be prevented, but earlier management may decrease the length of discomfort and disability associated with it. Avoid overuse, cross-training is beneficial, and be sure to warm-up adequately before exercise or sports participation.