

Osgood-Schlatter disease

Soccer, knees and injuries.

Osgood-Schlatter is an overuse condition found in child/adolescent athletes. It is characterized by inflammation and pain around a growth plate where the patellar tendon (this tendon straightens your knee) attaches to the front of the shinbone (tibia). This is just below the kneecap at an area called the tibial tubercle. The pull of the tendon creates tension on the area of the growth plate. In some athletes, this may lead to inflammation, local swelling and then pain with activities. Some athletes may develop a limp. This discomfort may last over a period of months.

Who is at risk?

- Most common in males 10-15 years old and females 8-13 years old
- Athletes who participate in running, jumping, stair stepping, kneeling or squatting activities
 - Examples: volleyball, football, basketball, soccer, track, hockey, gymnastics, dance, etc.
- Athletes with poor flexibility (tight muscles) in the legs during rapid growth

What are the symptoms?

- Pain, tenderness or swelling at the insertion of the patellar tendon on the tibial tubercle (shinbone)
- Pain with activity and immediately following activity
- Muscular tightness in the quadriceps/hamstring (thigh) muscles and gastrocnemius/soleus (calf) muscles
- Poor tolerance with the knee in a bent position

What are the treatment options?

- Rest from aggravating activities
- Ice the area after activity and when painful for 10-20 minutes up to once an hour
- Muscle stretching to improve flexibility
 - Stretching should be done both before and after activity
 - Concentrate on hamstring (back of thigh), quadriceps (front of thigh) and gastrocnemius/soleus (calf) stretching

When can athletes return to activity?

- This is a self-limiting condition that resolves with time, muscle stretching, and patience. It may require 10-24 months of a conservative treatment protocol. Once the growth plate stops growing and fuses to the underlying bone, the symptoms typically resolve.
- Patients may continue with activity if the symptoms are mild by increasing their flexibility with muscular stretching and using ice after activity.
- For more severe symptoms, rest from activity is required to improve the pain.
- In the most severe cases, rest may be followed by several months of activity modification.



We can help!

Schedule an appointment with our sports medicine doctors to get back in the game. We can help with treatment and rehabilitation of Osgood-Schlatter. We also can create an at-home strengthening and stretching program to give young athletes more relief.

Locations:

Cook Children's Orthopedics Hurst
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To schedule an appointment or learn more, call 682-885-4405.



We accept most insurances.



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