

Here are some tips on how to deal with your child's condition:

- Your child does not need to stop sport, but easing off strenuous activity may be advised. Use pain as a guide and this condition is normally self-limiting.
- Consider your child having a complete break from sport if the pain is severe.
- Apply an ice pack or rub an ice cube on the painful area regularly for ten minutes.
- Consider wearing knee pads to cover the painful area if playing sports such as rugby or football.

Your physiotherapist may show you exercises to stretch any tight muscles.

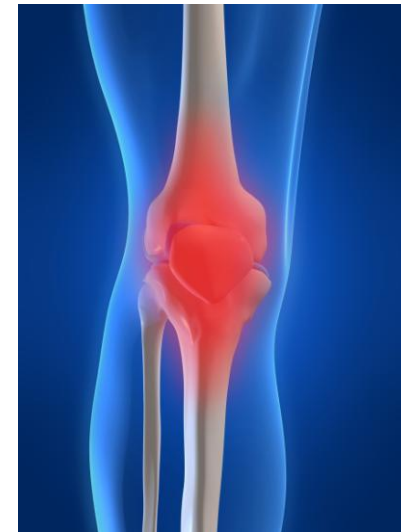
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A guide to Osgood Schlatters Disease



Information for Parents/Guardian

Osgood Schlatters Disease

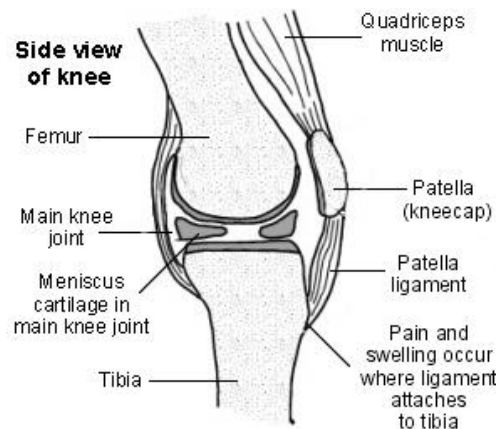
Osgood Schlatters Disease usually occurs in teenagers. It causes pain and swelling just below the knee. The bump is permanent, although with time it becomes painless. It is not serious and usually goes away in time.

No special tests are needed as the diagnosis is clear from the physical examination. Sometimes your doctor may order X-rays of the knee joint.

The knee joint is unaffected so knee movements are normal.

Symptoms

- Pain below the kneecap (patella) is the main symptom. It tends to ease with rest.
- Pain typically lasts a few months, but sometimes continues until growth is complete.
- A small, tender, bony lump may develop a few centimeters below the kneecap. This occurs where the patella ligament attaches to the tibia (shin bone).



Causes

Sometimes there is no apparent reason for this condition.

Overuse of the front (thigh) muscles through activities can cause repeated stress and strain on the attachment of the patella tendon to the growing tibia. This can cause inflammation and pain. Healing bone (callus) then forms which may cause a hard bony lump to develop.

Treatment

The pain usually goes within a few months without any treatment.

Painkillers are advised when the pain flares up.

In very rare cases an Orthopaedic Consultant may advise that the bony lump is removed if symptoms do not improve.

However, they are more likely to advise patience as natural easing of symptoms over time nearly always occurs.