



**INFORMATION LEAFLET FOR PARENTS/
CARERS AND YOUNG PEOPLE**

Osgood Schlatter's Disease

What is Osgood Schlatter's?

- Osgood Schlatter's is a very common cause of knee pain in children and young people. It is a condition affecting the bony lump at the top of your shin bone.
- It is caused by overusing the strong muscles at the front of the thigh (called quadriceps). These muscles often become tight as a result of rapid growth.
- Pain is usually felt during or after sport or physical activity.
- Pain is usually felt as an ache or soreness at the front of the knee. In some cases pain can be felt while walking.

Who does it affect?

- Children aged between 10 and 16 years old.
- Children taking part in activities such as jogging, jumping and sudden turning. These activities stress the patellar tendon (large tendon below knee cap).
- Children who are going through a rapid growth spurt.
- More commonly in boys than girls.

What are the signs and symptoms?

- Pain, swelling, and/or tenderness just below the knee that usually gets worse during and/or after physical activity.
- A painful bump just below the knee that is sensitive to touch.
- Discomfort with running, kneeling, jumping and climbing up and down the stairs.

How is it managed?

Osgood Schlatter's can usually be self-managed by:

- **Modifying Activity:** modifying how much exercise you are doing. School should be informed and PE lessons may need to be less vigorous and more structured.
- **Ice:** ice the affected area for 10 minutes especially after activity (ice or cool packs should not be placed directly on the skin but wrapped in a cloth/towel).
- **Pain relief:** pain relieving medication, you can discuss options with your GP or pharmacist.
- **Gentle stretching:** regular stretching of the hamstrings and quadriceps for 20-30 seconds (if pain allows).

How is it managed? (continued)



Quadriceps Stretch

Hold for 20-30 seconds making sure to keep your knees together and facing downwards.

You will feel a stretch along the front of your thigh.



Hamstring Stretch

Hold for 20-30 seconds making sure to keep your feet facing forwards and your front leg straight.

You will feel a stretch along the back of your thigh.

Will it get better?

- Your symptoms will improve but some symptoms may last for up to 12 months.
- In most people, Osgood Schlatter's goes away on its own with modified activity and time.
- You may find that your symptoms flare up with continued high impact sporting activity.
- With future growth spurts the pain may return so keep doing stretches and follow the advice given.
- If there is no improvement after 6 weeks contact your GP as you may need specific physiotherapy.

People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.