



## Suffolk Podiatry

# Osgood Schlatter's

### What is Osgood Schlatter's?

Often called “Osgood Schlatter's disease”, this condition is when a youngster experiences pain on an area of growth just below the knee, known as the “tibial tuberosity”. It is one of the most common causes of knee pain in adolescents and is not really a disease at all but is an overuse injury associated with rapid growth and some people call them “growing pains”. It is common in people aged 10 –15 years.

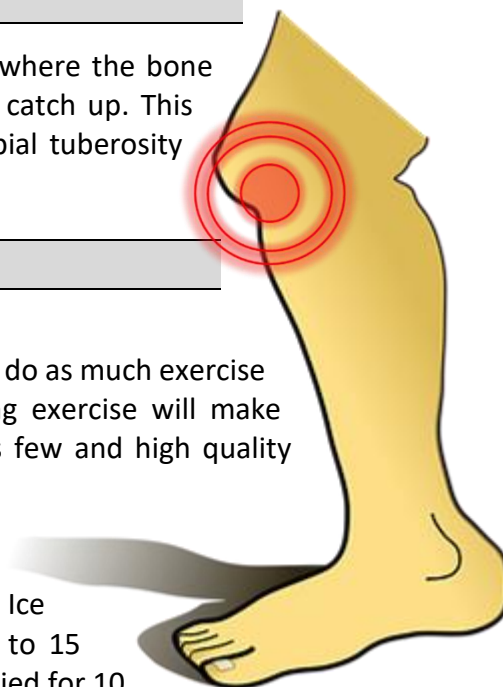
### What causes Osgood Schlatter's?

Children and youngsters go through rapid stages of growth where the bone grows and it takes time for the muscles and soft tissues to catch up. This results in a pulling force on the patella ligament and the tibial tuberosity becomes inflamed.

### Home Treatment for Osgood Schlatter's

#### **R.I.C.E—rest, ice, compression, elevation**

- **Rest** is the most important element of treatment. Only do as much exercise as it will allow without causing pain. Weight bearing exercise will make Osgood Schlatters disease worse. Keep your sessions few and high quality rather than training every day.
- **Ice/Cold** therapy and can be applied to the knee regularly throughout the day to reduce pain and inflammation, particularly following activity or sport. Ice should be applied at least three times a day for 10 to 15 minutes. If it is particularly painful then ice can be applied for 10 minutes every hour. Ice massage with an ice cube is also a convenient way to apply cold therapy to a specific area. Keep the ice moving as applying directly to the skin can cause ice burns.
- **Compression** Use a compression wrap, patella knee strap or patella tendon taping technique to help reduce the tension and support the knee. A patella strap or taping can absorb some of the shock or impact. (Patella knee straps and supports are readily available online, or from some pharmacists.
- **Elevation** - Elevate the leg when painful especially after sport or other activities.



### Medical Treatment

- Pain and anti-inflammatory medication can be helpful but you must take advice from your GP or Pharmacist.

- If necessary, the Podiatry Service may prescribe orthotics to help absorb shock and adjust the way that the foot and leg move whilst walking. This can help to reduce the excessive load on the knees.
- In some instances, referral to a paediatric physiotherapist may be recommended.

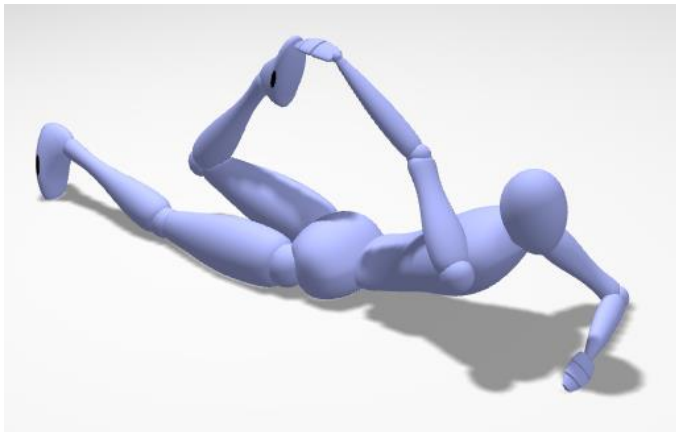
## Exercises

Once normal daily activities are pain free then gentle stretching exercises may be beneficial along with massage for the quadriceps muscles.

Gently stretching the quadriceps muscles may help in the treatment of Osgood Schlatters disease although it must be done slowly and gradually. If stretching is painful, it should not be performed. Overs stretching could make the condition worse.

### Lying quadriceps stretch

Lie on your front and bend the knee so that the foot moves towards the buttock. Use a hand to pull the foot closer, until you can feel a stretch at the front of the thigh. Hold the position for 20-30 seconds, pulling the foot closer if the stretching feeling fades.



### Standing quad stretch

Stand next to a wall or something you can hold on to. Bend the knee of the leg you wish to stretch and pull the foot towards your buttock. When you can feel a slight stretch, hold this position for 20-30 seconds. If the stretch feeling fades, pull the foot further in, or tilt the hips backwards. Repeat 5-10 times depending on discomfort.



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