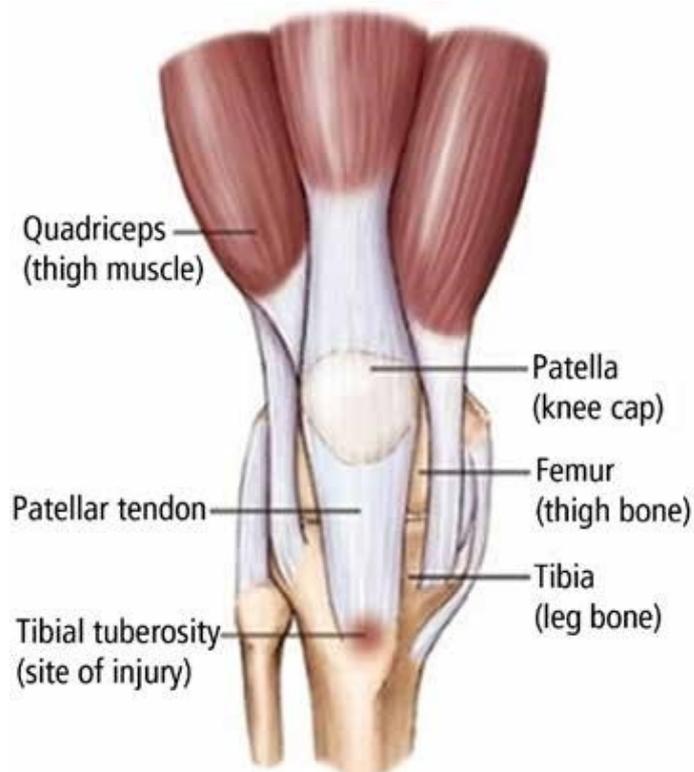


## Osgood Schlatters: Information for parents

### Introduction

Osgood Schlatters is a growth related condition of the knee.



It is caused by an irritation of where the thigh muscle attaches to the shin bone.

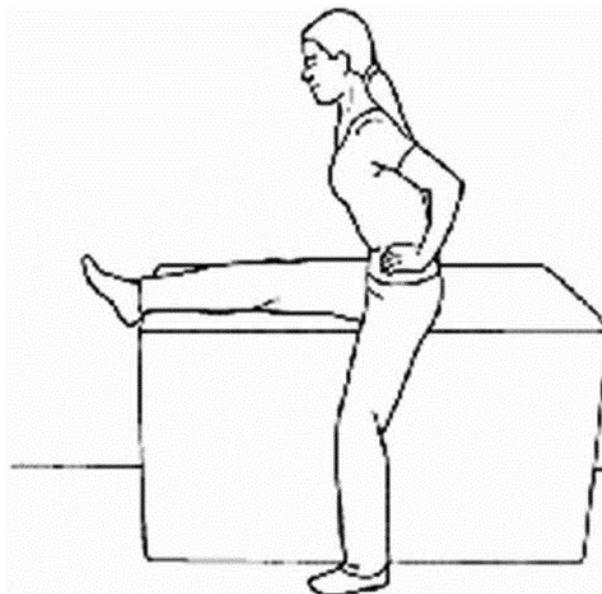
This is a common cause of pain in boys and girls ages 10 – 15 who are growing rapidly.

### The Facts

- Pain and swelling is often felt approximately five centimetres below the knee joint at a bony prominence called the tibial tuberosity. This can be tender to touch and kneeling may be uncomfortable
- There are no known long-term effects
- Often aggravated by muscle tightness and / or weakness in the lower leg
- It is often associated with overuse of repeated irritation from high levels of sporting activity

### What can I do?

- Any activities that aggravate the pain or swelling need to be reduced to a level which allows the young person to control their pain
- A balance of rest and exercise are important in managing the condition
- Adequate pain relief is important in the management of symptoms. You may wish to contact your GP for appropriate advice
- Use of ice packs
- Stretching the muscles in the lower leg often relieves the symptoms



Sit on a sofa / bed with one leg straight in front of you. Reach forwards towards your toes keeping your knee straight until you can feel a stretch down the back of your leg.

Hold for approximately 30 seconds.

Repeat 5 times.

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### What can I do? (contd)



Lying face down, bend one knee and hold on to the ankle. Pull your heel slowly towards your buttock until you feel the stretching on the front of your thigh. Hold for approximately 30 seconds.

Repeat 5 times.

Osgood Schlatters is usually eased by following the above guidance however in a few cases pain may persist until the growth plate closes.

For further advice contact your physiotherapist or GP.

### Reference

PhysioTools Ltd. A PhysioTools Compatible Collection. Produced by PhysioTools. 1998 ([www.physiotools.com](http://www.physiotools.com))

### Contact Us

Children's Physio Direct

Call: 0300 421 6980

Monday to Friday, 9am to 12pm  
(excluding Bank Holidays)

For 0-16 years (or 16-19 in full-time education)

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health or adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy-read and other languages on request.

Telephone 0300 421 8313 (answerphone available outside office hours)

Email: [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

Write to: Service Experience Team, Gloucester Care Services NHS Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW