



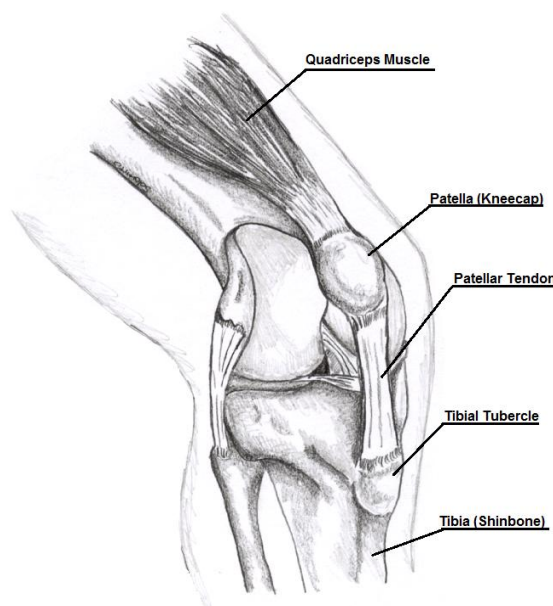
OSGOOD-SCHLATTER DISEASE

What Is Osgood-Schlatter Disease?

- An overuse, “traction” injury that affects the front (anterior) portion of the knee
- Caused by repetitive stress of the patellar tendon where it inserts on the tibial tubercle, a portion of the tibia or shin bone often made worse by tightness of the thigh muscles
- Medically referred to as tibial tubercle apophysitis

Common Signs and Symptoms of Osgood-Schlatter Disease

- Localized pain over tibial tubercle
- Pain with straightening the knee against resistance
- Pain with running, jumping, kneeling, squatting, stairs
- Occasionally some swelling over the tubercle is seen



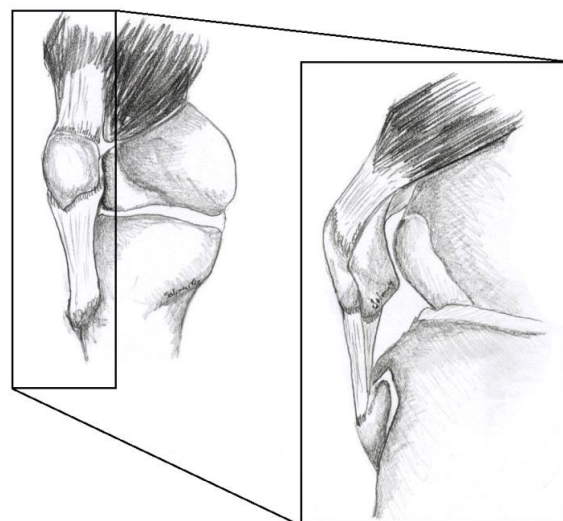
Who is Affected by Osgood-Schlatter Disease?

- Physically active adolescent boys ages 10-15 years and girls ages 8-12 years
- The tibial tubercle growth plate typically closes between ages 13 and 15 years in girls and 15 and 19 years in boys

How Do You Treat Osgood-Schlatter Disease?

OSD is generally treated conservatively and includes:

- Rest
- Avoidance or modification of activities that provoke symptoms (i.e., running or jumping)
- Limiting activities to remain pain free
- Stretching and strengthening program of the quadriceps and hamstring groups (thigh musculature)
- Alternative treatment options can include:
 - Cylinder casting
 - Formal physical therapy
 - Injection therapy – Prolotherapy or Platelet enriched plasma (PRP)
- Utilization of a patellar tendon strap (“chopat”) strap
- Additional pain management can include over the counter anti-inflammatories and ice following activity



Treatment is multifaceted and a single treatment option may not be sufficient. That is why it is important to utilize rest as well as stretching and strengthening to have the best possible outcome in regards to function.