# Osgood Schlatters

Osgood Schlatters is a common cause of anterior knee pain in adolescents, particularly those aged between 9 and 14 years and is more predominant in boys.

The quadriceps tendon inserts onto the top of the patella then continues down to its attachment on the front of the shin bone (tibia) via the tibial tuberosity.

Repeated contraction of the quadriceps tendon (which occurs with repetitive straightening of the knee) can begin to traction at this attachment on the shin bone. This causes irritation and softening of the tibial tuberosity.

Osgood Schlatter's Disease
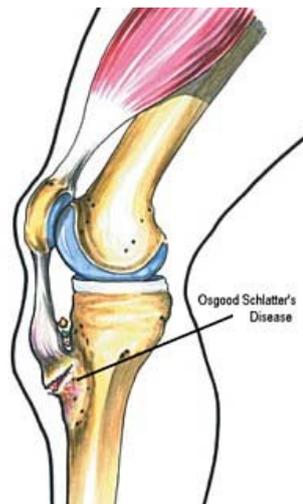
Running, jumping and kicking will all tend to exacerbate this condition.

Signs and Symptoms

- Tenderness at the front of the knee (particularly over the tibial tuberosity)
- Pain usually worsens with activity
- As the condition worsens a bony prominence may be noted on the front of the shin.
- Associated tightness of surrounding muscles, especially the quadriceps.

Treatment

Osgood Schlatters is a self-limiting condition that will most often correct itself as children reach skeletal maturity and the bones begin to harden.

Physiotherapy treatment can include::

- **Soft tissue massage**: This will help loosen tight muscles particularly the quadriceps muscle at the front of the thigh.
- **Activity Modification:** Children who are participating in physical activity several times a week may need to cut down their training load
- **Exercise Prescription**: Specifically designed to address flexibility, strength and balance issues
- **Electrotherapy and Ice.**

The decision as to whether patients continue playing sport is based on individual's symptoms and the level of pain felt during activities.

Physiotherapy is a vital tool for treating Osgood Schlatters in order to reduce pain, continue and increase activity levels and ensure the best outcome.

If any of this sounds familiar please contact us on **9328 3822**. Ross and Emma, the physiotherapists for **Easts Rugby**, are conveniently located upstairs in the Club House.

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