

### Osgood Schlatter's Disease

Typified by pain under the knee, this condition is usually seen between the ages of 11-16 years old, in physically very active children especially boys.

It is a repeat stress injury caused by repetitive traction on the anterior portion of the ossification centre in the tibial tuberosity, the bump of bone at the top, front of the shin bone, just under the knee. Pain may also refer back up the thigh towards the hip.

It is worsened at this age by the femur growing faster than the muscles of the thigh, the quadriceps, increasing the traction on the tuberosity.

There may be local evidence of swelling and pain on palpation, on impact and deceleration and on resisted contraction or stretching of the quadriceps.

After following RICE – rest, ice, compress, elevate – treatment should concentrate on gently stretching the quadriceps supplemented with a general gentle stretching program. If the condition is left untreated and unrested problems can develop later as an adult due to the build up of scar tissue.