

Osgood-Schlatter Syndrome: Condition Information

Body Part

Knee

Condition:

Osgood-Schlatter Syndrome is an injury that occurs at the growth plate of the tibial tuberosity, the bumpy bit at the top of your shin bone and just below the knee. This type of injury is called an osteochondritis, or inflammation of the bone or cartilage of a joint.

Summary

Osgood-Schlatter Syndrome is common in adolescents, especially around growth spurts. It is associated with high levels of physical activity, particularly high impact activities such as running and jumping.

Symptoms:

Pain is usually felt in the front of the knee, and the tibial tuberosity can be particularly tender to touch or kneel on. Pain is often worse with activity, certain activities such as landing from a jump/hop, squatting, or going up/down stairs can be particularly aggravating. Occasionally swelling can be present when the tibial tuberosity is inflamed, and if not managed in the early stages a longer term sign can be thickening or enlargement of the tibial tuberosity.

Treatment:

Managing Osgood-Schlatter Syndrome usually commences with modifying activities to reduce inflammation. Sometimes this can involve the difficult decision to eliminate one or two sports played by a particularly active individual. There is no need, however, to completely cease exercise, as there is no research to support rest as a remedy to this condition, but pain levels need to be used as a guide as to how much activity can be completed.

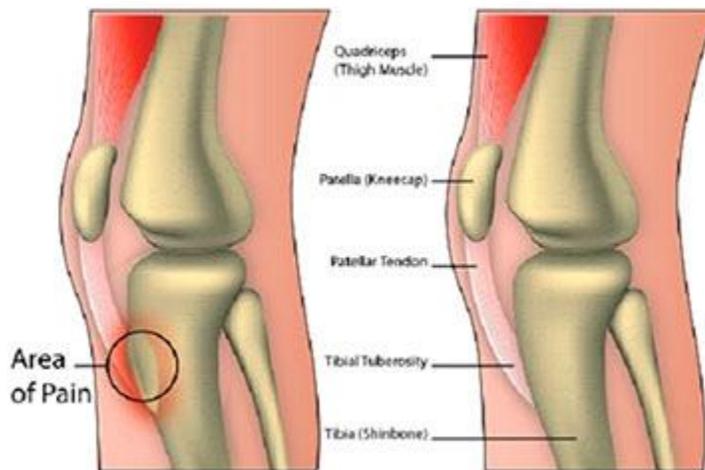
Ice can sometimes be helpful to reduce inflammation and pain around the tibial tuberosity. Taping can also be applied to assist in offloading the pressure on the tibial tuberosity. Once the pain and inflammation have settled, a tailored strengthening and stretching program can help with return to sport, and reduce or help in managing future flare-ups.

Prognosis:

With the correct education and treatment, Osgood-Schlatter Syndrome can be well managed during the individual's growth spurts, and rarely causes issues beyond two years.

Further information:

For further information, please contact our friendly team at Gen Health.



Picture Link: <https://www.dovestonhealth.com.au/knee-injuries/osgood-schlatter-disease/?v=13b249c5dfa9>