

The Newsletter About Health and Caring For Your Body

Osgood–Schlatter Disease



Osgood–Schlatter’s Disease or syndrome is most common in active boys and girls between the ages of 9-16 that are often going through a growth spurt. It can be explained at irritation of the patellar tendon, where it attaches to the tibia (lower leg bone). Increased stress/strain in the thigh muscles increase the amount of pull of the tendon at its bony attachment just below the knee joint. The body responds by laying additional bone around the tendon attachment trying to provide a stronger anchor. This excessive bone growth becomes visible and can be very painful. This syndrome can develop with trauma or other apparent cause; however some studies have shown that 50% of people who developed it had a previous participating injury.

Treatment involves decreasing the inflammation and trying to reduce the amount of tension of the tendon at the site of the bone. Stretching the muscles of the legs is involved (quads, hamstrings, ITB, calf) and the use of “patellar straps” can be helpful. Physical Therapy plays an important role in managing the syndrome and getting the athlete or individual back into all activities safely.



Common Symptoms

- Pain
- Visible lump on the front side of the knee
- Pain with running, squatting, jumping

SUCCESS STORY

My son plays several sports and he began to complain of knee pain and we noticed a “knob” building on his knee. He has been growing fast so we thought it was just a growing pain. With Peak’s help, the pain is gone and my son is back playing all of his sports, which makes us all happy. Thanks!
~DD

Goals of Physical Therapy

- Decrease pain/inflammation
- Increase flexibility of leg
- Increase strength of supportive muscles
- Assess use of strapping
- Assess footwear and mechanics
- Transition back into all activities

If you or someone you know is suffering with pain, call us to learn how Peak Physical Therapy can help!

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