

Cactus Pediatric Orthopaedics

dba Kids' Fracture Care

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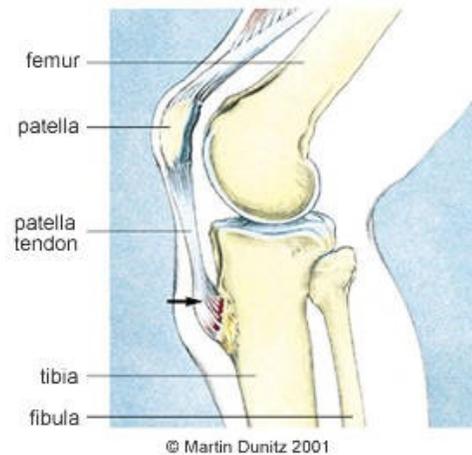
Osgood Schlatter Disease

What is Osgood Schlatter Disease?

First, Osgood Schlatter is not a true disease, it would better be described as a condition.

Osgood Schlatter Disease (OSD) is an inflammatory process that occurs at the insertion of the patella tendon. The pain is located at the top of the shin bone known as the Tibia. OSD normally occurs in active adolescents during growth spurts. Typically, OSD was reported more commonly in young males; however, there has been an increase in young female cases due to the rise of female athletics.

The theory behind OSD is that tiny tears or micro fractures occur in the growth plate of the tibia known as the apophysis. With repetitive activities like running, twisting, and jumping increases the aggravation to the growth plate.



What are the symptoms of Osgood Schlatter Disease?

- Pain in the front of the knee which worsens with exercise
- Relief from pain with rest
- Swelling or lump located under the knee and at the top of the shin bone (tibia)
- Limping after exercise
- Tightness in the muscles around the knee

How is Osgood Schlatter Disease treated?

- Rest from activities for 2 - 4 weeks until symptoms have subsided
- Ice for 10 - 15 minutes after activity for pain and swelling
- Anti-inflammatory medications like Ibuprofen (Motrin/Advil) or Naproxen Sodium (Aleve)
- Physical Therapy
- Compression brace to relieve tendon stress
- Self-limiting condition → meaning if it does not hurt, you may continue with activities and when it hurts, limit your activities
- Complete resolution of pain may not occur until skeletal maturity, but with proper treatment pain should diminish over a few months

