

What is Osgood-Schlatter Disease?

Osgood-Schlatter disease occurs in 20% of active adolescents and 5% of adolescents who do not participate in sports.

1 Introduction

Osgood-Schlatter disease is a pediatric disease that causes inflammation in the area below the knee where the patellar tendon connects to the tibia. It is most commonly found in athletic children who participate in sports that include running, jumping or kneeling. When a child is growing, their tibial growth plate is made of cartilage, making it more susceptible to irritation from certain activities. Once the child finishes growing, the cartilage is replaced with bone, and the symptoms of Osgood-Schlatter generally diminish.

2 Signs and Symptoms

Symptoms that can indicate that a child may be experiencing Osgood-Schlatter disease include:

- Pain and swelling just below the knee cap
- Tight thigh muscles
- Heightened knee pain while running or jumping
- Having a painful, bony bump on the shinbone just below the knee

3 Risk Factors

The following factors increase the risk of developing Osgood-Schlatter disease:

- Young age (during puberty related growth spurts)
- Participating in activities that involve running or jumping
- Tightness in the quadriceps muscles
- Sex (more commonly found in boys than girls)

5 Treatments

Treatments for Osgood-Schlatter disease mainly focus on reducing the patient's pain and swelling. Generally, doctors will suggest resting, over-the-counter anti-inflammatories, stretching and strength training exercises and icing the affected area. If the child is continuing to participate in sports, doctors will often advise them to wear either a knee pad or a patellar tendon strap to help reduce irritation in the knee. Surgery is another treatment option, but it is not commonly recommended given the symptoms typically will subside when the child completes their adolescent growth spurt.

Did you know?

Osgood-Schlatter disease normally occurs in just one knee, but it can affect both in some cases.

For more information on Osgood-Schlatter disease and supportive resources, please visit www.orthoinfo.org

References:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/osgoodschlatter-disease>

<https://my.clevelandclinic.org/health/diseases/21171-osgood-schlatter-disease>

<https://www.uptodate.com/contents/osgood-schlatter-disease-tibial-tuberosity-avulsion>