

# Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

Kirsty McWhirter  
(Practice Owner)

Lesley Walker  
(Associate Podiatrist)

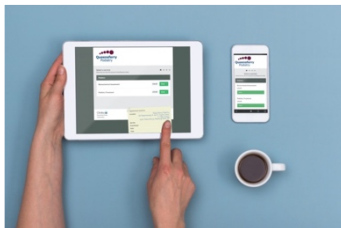
Angela Miller  
(Associate Podiatrist)

Neassa Macdonald  
(Associate Podiatrist)



Online booking on our Facebook page or website:

[www.queensferrypodiatry.com](http://www.queensferrypodiatry.com)



REF\_OS\_1



## Professional and caring podiatrists

# Osgood-Schlatter Disease



## Treatment Advice

### CONTACT US 0131 331 1296

 JW Physiotherapy & Sports Injury Clinics  
27 High Street, South Queensferry, EH30 9PP

 [queensferrypodiatry@gmail.com](mailto:queensferrypodiatry@gmail.com)

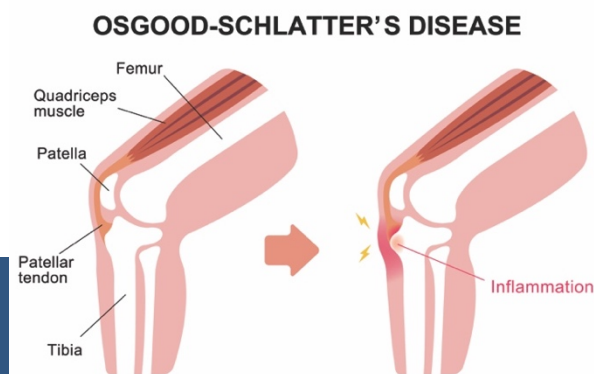
 [www.queensferrypodiatry.com](http://www.queensferrypodiatry.com)



## What is Osgood-Schlatter Disease?

Osgood-Schlatter disease is an overuse disorder (not really a 'disease') that affects the lower front of the knee, where the large tendon from the base of the kneecap attaches to the bone of the leg below.

It is a condition associated with growth and affects children and teenagers. If a child has Osgood-Schlatter disease they will experience pain and swelling on the outside of the leg, below the knee.



## What causes Osgood-Schlatter Disease?

Some of the causes of Osgood-Schlatter 's disease may include:

**Growth spurt** - the condition tends to affect adolescent children. Affected boys are often aged about 13 to 14 years, while affected girls are often aged 10 to 11 years. It is uncommon over the age of 16 years.

**Exercise** - active children, particularly those engaged in sports that require jumping or pivoting are at increased risk.

**Gender** - boys are more susceptible than girls.

**Injury** - around half of all children with the condition report a prior knee injury.

## Symptoms?

The symptoms of Osgood-Schlatter 's disease depends on the severity of the condition, but may include:

- pain in one or both knees
- pain when straightening the knee joint or full squatting
- pain on running, or going up and down stairs
- pain that eases with rest
- painful, bony bump on the shinbone just below the knee
- quadriceps muscles can sometimes lose strength and bulk

*Osgood-Schlatter syndrome usually resolves by itself within 12 months. However, the knee may remain uncomfortable until growing finishes.*

## Treatment options?

- Rest – avoid activities that are painful for at least a couple of weeks followed by gradual return to activity guided by symptom levels.
- Ice - frequent use of icepacks to reduce the local pain and swelling.
- Stretching and strengthening exercises for the quadriceps, hamstring and calf muscles.
- Footwear review.
- Orthotics (shoe inserts) can reduce the symptoms by controlling the way in which your foot loads during walking. They guide motion to reduce symptoms and the risk of further injury. In many cases orthotics are only required for a short period of time to help resolve symptoms whilst function is improved with an appropriate rehabilitation plan.