SUMMARY

1. Osgood Schlatters is a common knee condition affecting sporty children who are going through 'growth spurts'.
2. The symptoms can be managed with rest, ice, elevation and gentle stretches.
3. The condition usually goes away on its own with a little rest and time.

As from January 2006, everyone has the choice of where to receive their treatment and, if you wish, you can choose The Southampton University Hospitals. We would be pleased to treat you promptly in a safe environment renowned for its clinical excellence.

This leaflet is intended for general information only. For individual advice please contact your doctor.
**What is Osgood Schlatters?**

It is a very common cause of knee pain in young athletes. It is a condition where the bony lump below your knee cap becomes painful and swollen during and after exercise.

**Why have I got Osgood Schlatters?**

It usually affects those:

- between 10 and 15 years old
- in a ‘growth spurt’
- involved in sports, usually sports that involve running and jumping.

The reason for this is the main thigh muscle (the quadriceps) attaches to this bony lump. When our bones grow our muscles have to stretch so during a growth spurt the thigh muscle becomes tight. When you play sports the muscle then pulls on the bone causing pain and swelling. The more this happens the larger the lump becomes.

**What can I do?**

There is nothing you can do to stop Osgood Schlatters. It will stop when you stop growing. However the following will relieve the symptoms.

1. **Rest**
   
   Cut down on the time you spend playing sport till the pain has gone. Avoid sports that involve a lot of running or jumping. Swimming can be a useful substitute.

2. **Ice**
   
   Ice the affected area for 10-15 minutes especially after activity. Make sure you protect the skin by wrapping the ice in a towel.

3. **Elevation**
   
   Elevate the leg when painful and swollen especially after sports.

4. **Pain relief**
   
   Pain relieving medication may reduce pain and swelling but you need to discuss options with a pharmacist or GP.

5. **Gentle stretches of muscles**
   
   Hold stretches for 30 seconds 3 times a day

**Hamstring (back of leg)**

**Quadriceps (front of leg)**

**How long will it take for my knee to get better?**

It may take several weeks or months for the pain to completely stop. In most people, Osgood Schlatters goes away on its own with a little rest and time. However if you ignore the pain and play through it, the condition may get worse and may be more difficult to treat. When the pain is completely gone, you can slowly return to your previous level of activity. With future growth spurts the pain may return therefore keep up with the stretches and follow the advice given.