

FACT SHEET

Osgood Schlatter syndrome

- > Osgood-Schlatter syndrome is a painful knee condition that affects adolescents.
- > It is an inflammation just below the knee cap and most often occurs during growth spurts when muscles, bones and tendons are changing rapidly.
- > Physical activities that involve contraction of the quadriceps. E.g. jumping, and running increases the risk of this developing.
- > Osgood-Schlatter syndrome usually resolves by itself with a period of activity modification, stretches and pain relief. Physiotherapy can help with guiding you through this.

Symptoms of Osgood-Schlatter syndrome

The symptoms of Osgood-Schlatter syndrome depend 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
- > a swollen tibial tuberosity

Treatment for Osgood-Schlatter syndrome

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

Treatment options include:

- > activity modification or relative rest – completely avoiding activities that are painful for at least a couple of weeks followed by gradual return to activity guided by symptom levels
- > frequent use of icepacks to reduce the local pain and swelling
- > stretching and strengthening exercises for the quadriceps, hamstring and calf muscles – a suitable program can be provided by a physiotherapist
- > medications, including painkillers and anti-inflammatory drugs
- > very rarely, surgery – only in extreme cases and only once growth has ended.

