

Osgood-Schlatter

What is it?

It is a painful growth on the protruding part of the leg bone (tibia), just below the knee. It is one of the most common causes of knee pain in children and adolescents when they are growing rapidly and playing sports. Especially in sports that involve running and jumping.

Why does it occur?

It is probably due to excessive tension in the muscles at the front of the thigh (quadriceps), which attach to the tibia below the knee.

What discomfort does it cause?

The child complains of pain at that point. It can range from mild pain to pain that prevents them from participating in any sports activities. The pain may come and go for a few years and generally disappears when the child stops growing.

How is it treated?

When the pain appears, ice should be applied to the area after playing sports.



It may also help to wrap a bandage around the entire leg at the level of the painful area. If this does not work, then the child should rest for a few days from the sporting activity that is causing the pain. If necessary, your doctor will prescribe a pain reliever such as ibuprofen.

After a few days of rest (sometimes weeks) and when the pain has gone away or greatly diminished, the child can gradually return to sports activities.

It will be necessary to strengthen the leg muscles, always do a good stretching routine, and avoid excessive training.



How does it progress?

As your child gets older and stops growing in spurts, the discomfort will disappear.

Over the years, your child will probably continue to have a more pronounced protrusion of the tibia below the knee, but it will no longer hurt, and it will probably never cause problems again.