

Osgood-Schlatter Disease

What is this?

It is a painful lump at the top of the shinbone (tibia), just below the knee. It is one of the most common causes of knee pain in children and adolescents when they are growing fast and play sports, especially sports that involve running and jumping.

What causes it?

It is probably caused by excessive stress of the muscles in the front of the leg (quadriceps), which are attached to the tibia just below the knee.

What are the symptoms?

The child complains of pain at this spot. It can range from mild pain to pain that prevents him from participating in any sports. The pain may come and go for a few years and usually disappears entirely when the child stops growing.

How is it treated?

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



Wrapping a strap around the whole leg, covering the spot that is painful may also help. If this fails, then the child should take

a break from the sports that cause the pain for a few days. If necessary, your doctor will prescribe some painkiller such as aspirin or ibuprofen.

After a few days of rest (sometimes weeks) and when the pain has disappeared or greatly decreased, the child may gradually return to his sports activities.

The leg muscles will need to be strengthened, do some stretches and avoid strenuous workouts.



How long does it change along time?

As the child gets older and stops having growth spurts, the discomfort will disappear.

Over time, the child's shinbone below the knee will probably continue to be more prominent, but it will not hurt and will probably never cause him any more problems.