



OSGOOD SCHLATTERS

Understanding the knee condition that often affects sporting teenagers

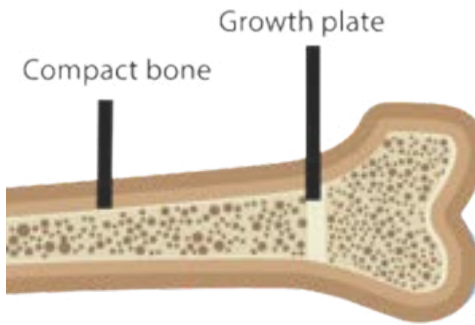
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What is Osgood Schlatters?

Common Symptoms:

- Pain focused on the point of the knee, which is worsened after exercise
- Pain with kneeling
- Visible lump at the base of the knee cap
- Common with very active teenagers

Why does it occur?

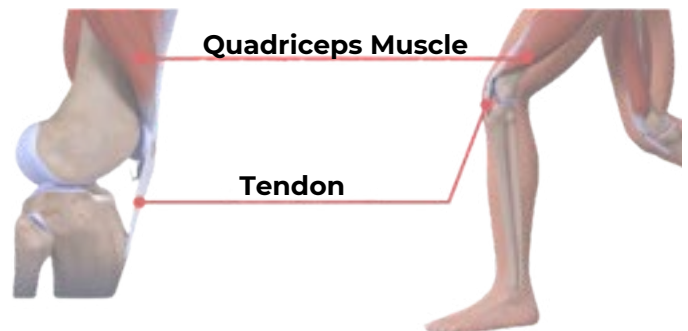


When you're growing, the ends of your bones are not yet hardened, this area is called the **growth plate**.

This is made out of **cartilage**, which is softer than bone.

The **quadriceps tendon** attaches onto the shinbone, at an area **near the growth plate**.

Repeated contraction of the quadriceps will pull on this area. This happens more when someone is **highly active**.



For individuals who have not yet stopped growing, this **repeated stress** can cause the growth plate to **soften, swell and partially open** - leading to the visible lump at the top of the shin that is painful.

Takeaways

Long-term outcomes are good

The pain will generally resolve once growing stops

You can still be active

Reducing the load on the knee will help manage the condition but complete rest is generally not advised for Osgood Schlatters.

Corrective Exercises

Apart from icing + massage for pain, corrective exercise can further assist with recovery and keep pain levels low

Physiotherapists can help

A physiotherapist can diagnose Osgood Schlatters and provide advice on the best management options for you.

Exercises



Single Leg Isometric Knee Extension on Wall

- Lying on your back near a wall
- Place foot on the wall, with knee at 90 degree angle
- Push foot into the wall, trying to extend knee
- Hold for 30-45 secs



Wall Sit

- Start standing with your back on a wall
- Slide yourself down until your knees are at a comfortable angle
- Hold for 30-45 secs



Heels Elevated Squat

- Stand with your heels on a raised surface
- Squat down as far a comfortable for your knee
- Hold onto extra weight if able
- Complete 8-12 reps

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