

Osgood-Schlatter condition in children

Osgood-Schlatter condition is a common cause of knee pain in older children and adolescents, and can affect one or both knees. It occurs more commonly in boys than girls, and in children that are very active or play sports which involve running or jumping. A painful lump develops on the shin below the knee, which typically hurts more with activity and gets better with rest (Fig. 1).

Diagnosis

Osgood-Schlatter condition is diagnosed with clinical examination and does not usually require any special tests.

Treatments

Treatment is concentrated on relieving the pain caused during activity. Continuing sport is not harmful but moderation in sporting activities that trigger the pain may be helpful. Strapping or applying a pressure sleeve around the knee may help and the symptoms can be treated with ice packs and rest. Gentle stretching of the knee and quadriceps is recommended.

Pain associated with Osgood-Schlatter condition resolves when the child has stopped growing; however the prominence of strong bone usually remains.

Summary

- > Osgood-Schlatter condition is common in older children and adolescents.
- > A moderation in activity will help reduce the pain experienced in the knee.
- > Exercises are recommended to help stretch and strengthen the muscles in the lower leg.

Visit your child's doctor for a specialist referral if:

- > symptoms not improving with conservative treatment
- > symptoms persist for longer than 18 months.

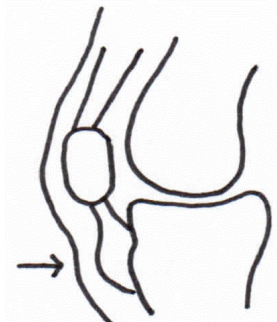


Fig. 1 Osgood-Schlatter condition of the knee

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For more information

Women's and Children's Hospital
72 King William Road
North Adelaide SA 5006
Telephone: (08) 8161 7000
www.wch.sa.gov.au