

## Osgood-Schlatter Disease

(Apophysitis of the Tibial Tubercle)

### What is Osgood-Schlatter Disease?

Osgood-Schlatter is a condition of the knee in adolescents that causes pain in the front of the knee. It is an overuse injury where the patellar tendon attaches to the tibia (shinbone). The overuse causes inflammation of the apophysis or growth plate in this area. It is most common in active adolescents and is particularly common in those who play soccer, gymnastics, track, or basketball.

### What causes Osgood-Schlatter?

This condition is caused by overuse. Up to 50% of children will have a history of trauma to that region prior to the development of symptoms.

### What are the common symptoms?

Common symptoms include pain in the front of the knee, and localized swelling and tenderness in the front of the knee just below the patella (kneecap). Pain is often aggravated by running, jumping, squatting, kneeling, and stairs.



### How is Osgood-Schlatter treated?

Osgood-Schlatter is treated primarily by resting of the injured area and allowing the body to heal. Ice when the area is tender or swollen can be beneficial. Tylenol or ibuprofen can also help control symptoms. Tightness of the quadriceps musculature can increase the stress in this area and a stretching program may be recommended. Bracing at the knee may also help reduce symptoms by taking some stress off of the injured area. The condition usually resolves within several months if the knee is allowed to rest, however symptoms may persist for several years. Pain is usually eliminated when the child reaches skeletal maturity and the growth center in this area closes. This is typically around age 14 in girls and 16 in boys.