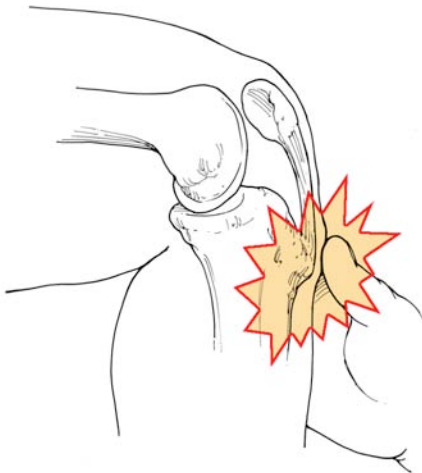


# OSGOOD-SCHLATTER'S DISEASE

A common form of growing pains or overuse pains in early adolescence involves the shinbone and the knee. The shinbone (tibia) has a raised area just below the kneecap called the tibial tubercle. The tubercle has two important functions: A) it contributes to the growth of the leg and B) it is where the thigh muscle attaches to the shin bone through the kneecap tendon.



Swelling, enlargement of the tubercle, and pain are common in kids with year round sports schedules, and those who participate in certain sports such as soccer, gymnastics, basketball, and distance running.



Once the diagnosis is made, treatment is aimed at diminishing the severity or intensity of the pain and swelling. Symptomatic treatment includes scheduled doses of Advil or Aleve, along with wrapping the knee. This is recommended until sports activities can be enjoyed without discomfort or significant pain following activity. Weakness and pain that worsens with activity may require rest for several months

followed by a conditioning program. In some susceptible teenagers Osgood-Schlatter symptoms may last for 2-3 years. However, most symptoms will completely resolve with completion of the growth spurt at around age 14 for girls and 16 for boys.



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