

Injury prevention Tip for:

Osgood Schlatter Disease

What is Osgood Schlatter Disease?

- Inflammation of the patella tendon at the insertion on the tibia tubercle.
- New bone forms from a cartilage growth plate that is located at the end of the tibia or shinbone. The cartilage is not as strong as the bone therefore when repeated stress is placed on the cartilage inflammation occurs.
- A tight quadriceps muscle also can add tension to the cartilage.
- In severe cases the patella tendon can pull away from the bone.
- Usually occurs at the “growth spurt” ages, 9-16.
- Temporary, usually goes away when bones are finished growing.

Symptoms:

- Pain, swelling and tenderness inches below the knee cap or patella.
- Knee pain worsens with activity, especially running and jumping; symptoms improve with rest.
- Tightness in surrounding muscles, especially quads.
- Can occur in both knees, usually seen in one
- Athlete may rub hands over the top of their knees.

Prevention:

- Stretching: Quads (to prevent tugging on the tendon), hamstrings and calves.
- Strengthening: Quads and hip abductors.
- Proper warm up and cool down
- Ice sore knees after activity.