

Osgood-Schlatter Disease in Children

Fact Sheet

Osgood-Schlatter disease is a common cause of pain in front of the knee in late childhood and early adolescence. It is more common in boys, and one or both knees may be affected. The condition often occurs in children who are highly active, particularly in sports involving running and jumping. A painful lump develops on the shin below the knee, which typically hurts more with activity and gets better with rest (Figure 1).

Diagnosis

Osgood-Schlatter disease is diagnosed by clinical examination and does not generally require special tests or X-rays.

Treatment

Treatment is aimed at reducing pain and swelling often by limiting exercise. Continuing sport is not harmful but may make the pain worse, and it is recommended that modifying the activities that cause pain may be helpful.

Taping or applying a pressure sleeve over the area may help, and symptoms can be treated with ice packs and rest. Stretching and strengthening exercises of your lower limb muscles may also be recommended, and your general practitioner may consider anti-inflammatory medicines.

Most symptoms self-resolve when your child has stopped growing, however the bump under the knee usually remains noticeable.

Summary

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

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

- Symptoms are not improving with conservative treatment,
- Symptoms persist for longer than 18 months.

For more information

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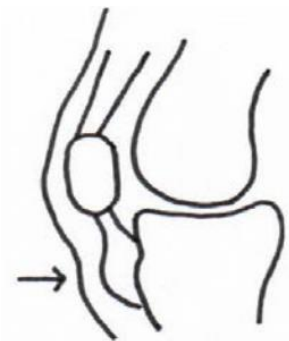


Fig. 1 Osgood-Schlatter condition of the knee



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