

Contact us

Children's Physiotherapy Direct

Tel: **0300 421 6980**

www.ghc.nhs.uk

0-16 years (or 16-18 in full-time education).

Open Mon-Fri (excluding bank holidays) 9am-12pm.

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health and adult social care services, you can contact one of the advisers from our Service Experience team.

All enquiries are completely confidential. You can contact us between 9am-5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

Telephone: **0300 421 8313** (answerphone available outside office hours)

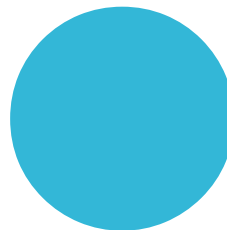
Email: **experience@ghc.nhs.uk**

Write to: **Patient and Carer Experience Team,
Gloucestershire Health and Care
NHS Foundation Trust, Edward Jenner
Court, 1010 Pioneer Avenue, Gloucester
Business Park, Brockworth,
Gloucester GL3 4AW**



**Gloucestershire
Health and Care**
NHS Foundation Trust

Osgood Schlatters



Information for patients

Introduction

Osgood Schlatters is a growth-related condition of the knee which is caused by an irritation of where the thigh muscle attaches to the shin bone. This is one of the most common causes of knee pain in young people aged between 10–15 who are growing rapidly.

The facts

- Pain and swelling is often felt approximately five centimetres below the knee joint at a bony prominence called the tibial tuberosity. This can be tender to touch and kneeling may be uncomfortable.
- There are no known long-term effects, but the pain may persist until the end of the growth period.
- It is often associated with repeated irritation from high levels of sporting activity.
- It is often aggravated by muscle tightness or weakness in the lower leg.
- A hard, bony bump may develop which is sore when touched or when you kneel.

Tips to help

- Using ice packs can help reduce inflammation or swelling and ease pain.
- Whilst there is no need to stop exercising, activities that aggravate the pain or swelling should be reduced to a level to control the pain
- Balancing rest and exercise is important when managing this condition.
- Using the right pain relief is important to help manage symptoms. You may wish to contact your GP for appropriate advice.

Stretches



Stretching the muscles in the lower leg often relieves the symptoms.

With one leg straight in front, reach forwards towards the toes, keeping the knee straight, until you can feel a stretch down the back of your leg.

Hold approx. 30 seconds.
Repeat 5 times.

Lying face down, bend one knee and hold on to the ankle. Pull your heel slowly towards your buttock until you feel the stretching on the front of your thigh.

Hold approx. 30 seconds. Repeat 5 times.

If the pain persists, please seek for further advice and contact your physiotherapist or GP (doctor).

