



PODIATRY  
MACKAY

## Osgood Schlatter's Disease

### What is it?

It is a traction apophysitis (tendon pulling on an un-fused growth plate) of the tibial tuberosity and is a common overuse injury seen in young active children. Inflammation and pain are caused from the excessive pull of the quadriceps tendon on the patella tendon which attaches to the tibial tuberosity (see images below). It usually occurs in 12–15-year-olds which is generally the time in which growth spurts occurs, where the bones are growing faster than the muscles and tendons.

### Why did I get it?

- High amounts of activity
- Excessive pronation
- Reduced ankle range of motion
- Tight hip muscles
- Tight hamstring muscles
- Internal rotation of the tibia (tibial torsion)

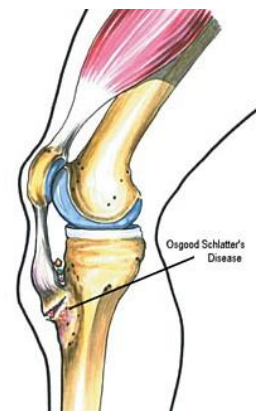


### Symptoms:

- swelling
- tenderness
- or increased warmth under the knee and over the shinbone pain that gets worse with exercise or high-impact activities, such as running

### How is it diagnosed?

- The diagnosis can be made on clinical examination.
- Radiographs are not always necessary for diagnosis but may aid in ruling out other differential diagnoses.



### Treatments:

- Rest, Ice, Compression & Elevation
- Stretching – especially the hamstrings, gastrocnemius (calf) and quadriceps muscles
- Modify activity levels
- Strapping
- Massage
- Addressing biomechanical insufficiencies
- Nonsteroidal anti-inflammatories
- Custom Orthotic

### Prognosis:

It will settle with time however, long term consequences of this condition can include thickening of the patella tendon, prominence of the tibial tubercle and predisposition to future knee instability.