

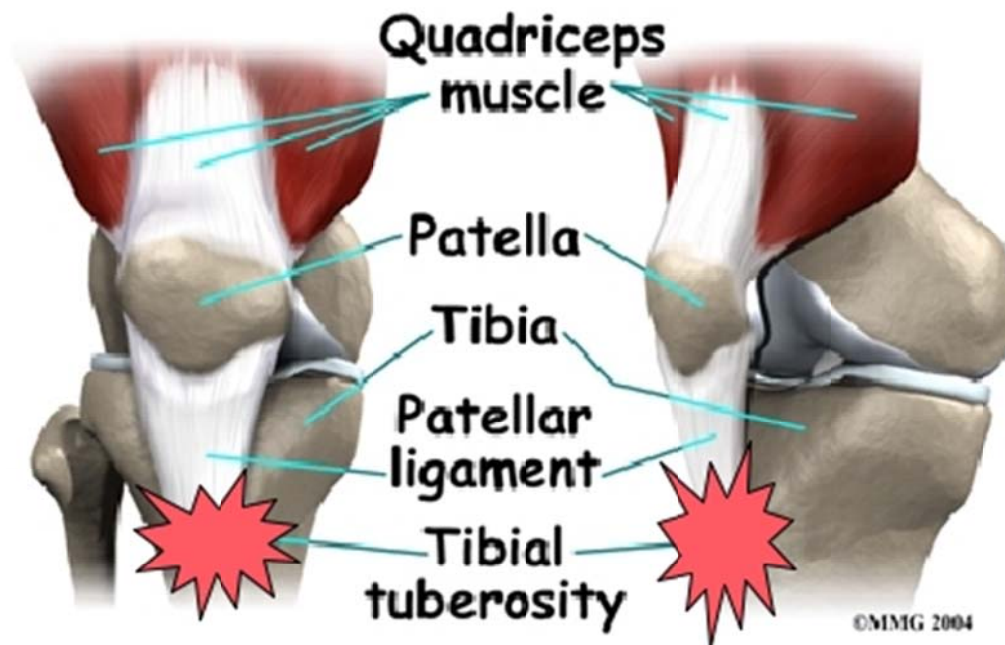
Division of Pediatric Orthopaedics

Sanjeev Sabharwal, MD
Flo Edobor-Osula, MD
Emily McClemens, PA-C Michele Gilliland, PA-C
Phone: (973) 972-0246
PEDSORTHO@NJMS.RUTGERS.EDU

OSGOOD-SCHLATTER (OS): FREQUENTLY ASKED QUESTIONS

What is Osgood-Schlatter?

Osgood-Schlatter (OS) is a condition that occurs in children. It is usually seen between 11 and 16 years of age. Children with OS often complain of knee pain. Frequent use and physical stress cause pain and swelling at the **tibial tuberosity**...where the tendon from the kneecap (patella) attaches to the shinbone (tibia).



How does it affect my child?

Your child will have knee pain and/or swelling over the upper tibia. It may feel worse when your child runs, jumps or climbs stairs. Direct pressure on the area

(falling on the knee or being kicked in the knee) can make it worse. Often both knees are affected. It occurs most often in children who are active in sports. OS usually occurs during a growth spurt.

How is it treated?

- **Rest:** Activities that cause knee pain should be avoided for a period of time. This will allow the knee to recover.
- **Ice:** Put an ice pack on your child's knee for 20 to 30 minutes after activity. This will help reduce swelling and pain.
- **Physical therapy:** Your child should do leg stretching exercises. It is especially important for the quadriceps and hamstring muscles. This will help decrease the pain so your child may be able to continue in sports.
- **Pain relief:** The doctor may want your child to wrap the knee with ace bandages or to wear a knee sleeve. This will help reduce the pain. Taking an over-the-counter medicine such as acetaminophen or ibuprofen may help reduce pain. It can be taken every day for about two weeks until the pain is less. It can then be taken as needed for pain after an activity. This medicine can be taken with food to reduce stomach upset.
- **Immobilization:** If your child's pain does not get better with medicine, ice and rest, the knee may need to be rested for 3 to 4 weeks. The doctor will give your child a knee immobilizer or a leg cast to cover the leg from the thigh to the ankle.

What follow-up care is needed?

- Your child may need to wear the knee sleeve and ice the knee after activities. Your child may need to take prescribed medicine if activity causes pain.
- Usually only one or two follow-up visits to the orthopedic doctor are needed. Follow-up will depend on how severe the symptoms are.
- OS symptoms usually go away when your child has stopped growing (about 15 years old for girls and about 16 for boys).

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Has knee pain that does not get better even after your child has stopped the activities that cause pain and is taking the medicines prescribed.
- Has swelling of the knee, with or without limited knee motion.
- Has stomach upset from the prescribed medicine. The doctor may want to prescribe a different medicine.

- Has special health care needs that were not covered by this information