

AthletiHINTS



AthletiCare

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Osgood-Schlatter disease

Introduction

Osgood-Schlatter disease is a condition commonly found in the knees of adolescent athletes. It is characterized by inflammation of the bone's growth plate where the patellar tendon attaches to the knee. The patellar tendon attaches to the lower leg just below the kneecap at a bony prominence called the tibial tuberosity. The condition usually results in the patellar tendon somewhat pulling away from the tibial tuberosity. Athletes suffering from Osgood-Schlatter usually complain of pain when kneeling, running and jumping. The pain can often be severe and prevent the athlete from performing at full speed.

Mechanisms of Injury

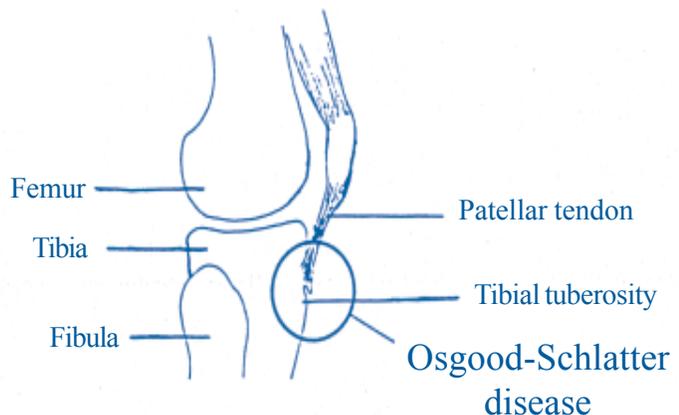
The widely accepted cause of Osgood-Schlatter disease is repeated stress on the patellar tendon where it attaches to the tibial tuberosity. The repetitive stress from various activities results in pain and swelling over the tibial tuberosity that increases with activity and decreases with rest. With constant irritation, a bony callus eventually forms and the tibial tuberosity grows larger and becomes extremely painful to the touch.

Osgood-Schlatter first appears in adolescents and often coincides with a rapid growth spurt. The condition usually disappears when the athlete reaches the age of 18 or 20. Although the symptoms eventually resolve, the tibial tuberosity will most likely remain enlarged throughout the individual's lifetime.

Management

Management of Osgood-Schlatter is usually conservative. Ice should be applied before and after all activities. Hamstring stretching (see side 2) should be performed on a consistently. Good hamstring flexibility will help decrease tension on the patellar tendon. Pain-free quadriceps strengthening should be initiated as well.

In severe cases activity modification may be necessary to allow union of the growth plate. The athlete may need to decrease stressful activities for six months to one year. It would also be a good idea to see a physician to find out about anti-inflammatory medication.



Over

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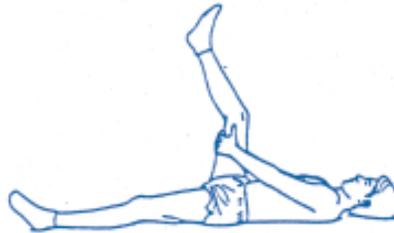
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Frappier Acceleration
Sports Training

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Supine hamstring stretch



Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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Hamstring wall stretch

Lying on floor with involved leg on the wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Repeat _____ times.

Do _____ sessions per day.

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Seated hamstring stretch



Tuck foot near groin with opposite leg straight.

Reach down until a stretch is felt in back of thigh.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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