

## **Osgood-Schlatter Disease (Osteochondrosis)**

### **What is Osgood-Schlatter disease?**

Osgood-Schlatter disease is a temporary condition of the leg at the knee, with swelling, tenderness and pain. It involves the tibial tubercle, a prominence just below the knee cap attached to a large thigh muscle connecting the bone of the upper leg (femur) to the large bone in the lower leg (tibia). It often involves both knees and affects adolescents of both sexes.

### **What are some of the signs and symptoms?**

- A slightly swollen, warm, and tender bump below the knee.
- Pain with activity, especially straightening the leg against force, as in stair-climbing, jumping or weight-lifting.

### **What causes Osgood-Schlatter disease?**

Osgood-Schlatter disease may result from stress or injury to the tibial tubercle and causes a flare-up.

### **Will it get better?**

Osgood-Schlatter disease usually goes away within 2 years after the child's skeleton stops growing.

### **What can I do about Osgood-Schlatter disease?**

- Ice applications may help.
- Use a cushioned knee pad when participating in sports and/or other activities.
- For minor discomfort/pain, you may use non-prescription medicines such as Tylenol.
- Resting the affected leg may help.
- Avoid jumping activities and activities that cause pain to the leg.
- If the child is overweight, talk to your doctor or a nutritionist about a weight loss program.

### **When should I call the doctor?**

You should call the doctor if the pain increases and/or if the child begins running a fever.