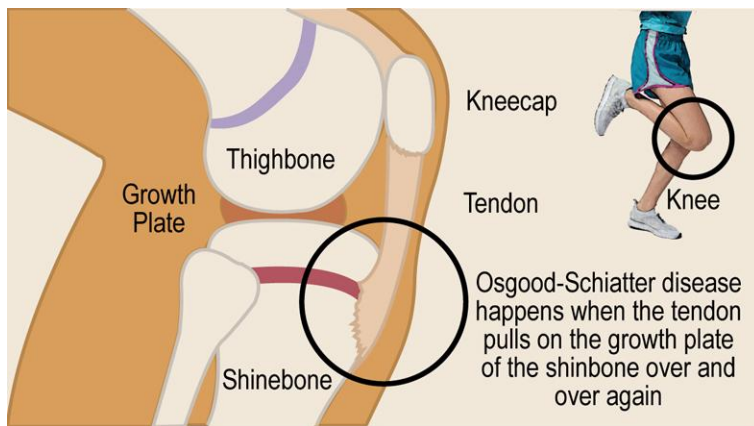




Royal Manchester Children's Hospital Paediatric Emergency Department

Information for Patients and Carers

Osgood Schlatter's



Osgood Schlatter's disease is a common problem in active children who are going through a growth spurt.

This happens when the large quadriceps muscle in the thigh pulls on the kneecap (patella) and tendons during exercise. This pulls on the growth plate of the shinbone (tibial tuberosity). Eventually this causes pain and swelling and sometimes a lump can be felt. The pain is worse after sport or at the end of the day.

The following will help reduce the and pain (and any swelling):

1. **Rest** – Your child may need to take a short break from sport if their pain is severe. Exercise will make the pain worse, but it will not do any permanent damage. Avoid running and jumping until they can walk without any pain.
2. **Ice pack** – Crushed ice or frozen peas wrapped in a towel to the area when sore.
3. **Painkillers** - Your child can take appropriate doses of **paracetamol or ibuprofen** (widely available from pharmacies and supermarkets) to help with any pain.
4. **Stretches** – This will help to loosen the quadriceps muscle so it doesn't pull so tightly on your shinbone. See the back of this leaflet for more guidance.

The pain usually goes away completely within a few months and so does not need any hospital follow-up. They might get further pain in the future, but eventually they will grow out of it completely once their bones stop growing.

Useful contacts

If your child is experiencing any significant pain or if you have any concerns or would like more advice about your child's injury, please telephone your GP. For an emergency that cannot wait until the next working day please contact the Paediatric Emergency Department on 0161 701 9102.

Stretches

Try these stretches at home before exercise or when you are not in pain. Hold each stretch for 30 seconds and repeat three times. Aim for three times a day.

Quadriceps stretches

Either standing up and holding on to the back of a chair for support, or lying flat, bend your knee and bring your heel up toward your buttock. You should feel the stretch in the front of your thigh.



Hamstring stretches

Either sitting on the floor or on a chair, straighten one leg and try to touch your toes. You should feel this stretch at the back of your thigh and behind your knee.



Rectus Femoris stretch

Put one knee on a mat on the floor, and the other foot on the ground. Put one hand on your ankle and slowly move forward. You should feel this stretch in the front of your thigh and hip.

