

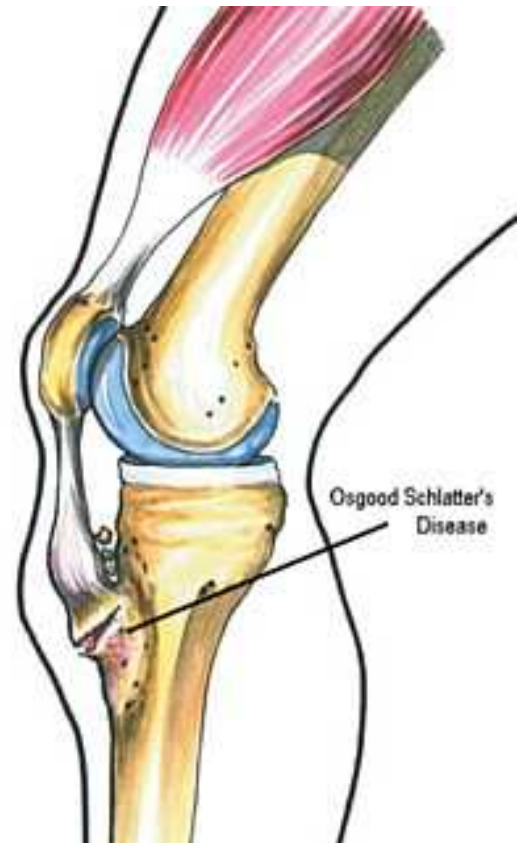
Osgood-Schlatter Lesion

An Osgood-Schlatter lesion is a condition that affects where the tendon inserts into the bone. This condition is very common in adolescents especially at the time of a growth spurt. As the young athlete's bones grow at an accelerated rate the quadriceps muscles fail to lengthen at the same rate and are put on stretch. This adds tension to the attachment of the tendon which has a pulling effect on the underlying growth plate.

The growth plate is at the tibial tubercle (which can be felt as a knob of bone on the shin just below the knee). Pain will usually radiate from this area and can be tender to touch. It is usually associated with tight quadriceps. In highly active children this can cause a significant amount of pain in this area, especially in sports involving running, jumping and explosive leg movements.

Once identified treatment is focussed on conservative treatments. Pain on activity can last anywhere from 6 months to 2 yrs. Management of these conditions centres around activity modification. Although rest will not speed up the healing process, a reduction in explosive and impact activity will result in reduction of pain.

Stretching of the affected muscles will be important but will be carefully prescribed as the condition progresses so as not to increase the strain on the affected area. **A biomechanical assessment** is essential and may reveal an asymmetry or dysfunction which when corrected can dramatically reduce the stress on tendons. Long term this condition may result in a more prominent tubercle.



Treatments:

- Ice 10min (especially when inflamed and acute) – 4-6 x p/day
- Use of anti-inflammatory medication during the acute stages
- Heel lift and/or orthotics and appropriate footwear
- Acupuncture and Massage
- Taping to unload the tendon
- Activity modification – reduction in loads and weight-bearing activity for between 3 – 8 weeks
- Appropriate Stretches – when pain free
- Appropriate Strengthening exercises - when pain free