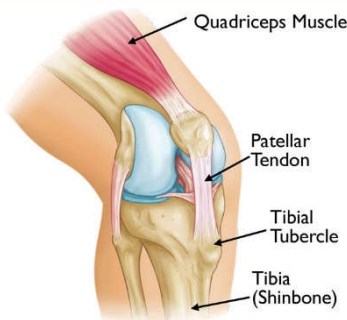




## Osgood-Schlatter Disease

Are you an adolescent with sore knees and lumps just under your knee cap on the shin bone? You might have the Osgood-Schlatter Disease (OSD)



Osgood-Schlatter disease most often occurs during growth spurts, when bones, muscles, tendons, and other structures are changing rapidly. Because physical activity puts additional stress on bones and muscles, children who participate in athletics — especially running and jumping sports - are at an increased risk for this condition. The bones of children and adolescents possess a special area where the bone is growing called the growth plate. Growth plates are areas of cartilage located near the ends of bones. Some growth plates serve as attachment sites for tendons. A bony bump called the tibial tubercle covers the growth plate at the end of the tibia. The quadriceps is attached to the tibial tubercle.

When a child is active, the quadriceps muscles pull on the patellar tendon which in turn, pulls on the tibial tubercle. In some children, this repetitive traction on the tubercle leads to inflammation of the growth plate. The prominence, or bump, of the tibial tubercle may become very pronounced.

If you would like any further information regarding this condition, or would like to book in for an initial assessment, please contact our clinic