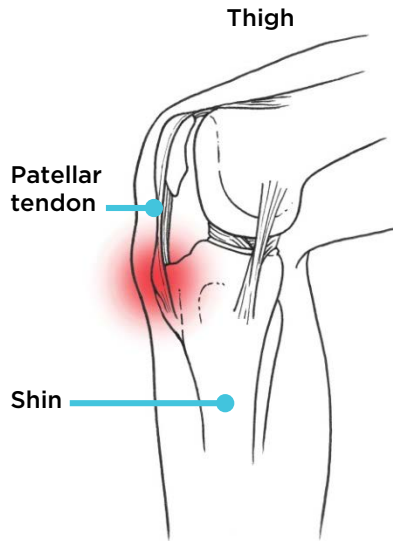


# Osgood Schlatter Syndrome



Your child is diagnosed with Osgood Schlatter's syndrome. This is an irritation of the knee where the patellar tendon attaches to the shin. The patellar tendon and thigh muscles often can become very tight and pull forcefully on the tendon, causing knee pain. This usually happens during growth spurts or from overuse from running, jumping or squatting. It is often seen in young athletes.

## Common symptoms may include:

- Pain at the front of the knee
- A bump just below the knee on the shin
- Swelling
- Pain with activity (especially running and jumping)
- Soreness in the knee after or during longer periods of sitting
- An increase in pain with direct pressure or kneeling

## Common treatments include:

- Change in activity level
- Rest
- Ice
- Bracing the knee or taping the knee
- Stretching the muscles or strengthening the muscles
- Referral to a physical therapist

Your child should avoid deep knee bends, squats, jumping, running and any activity that causes pain. In most cases it gets better/goes away over time.

## Early exercises for knee pain

Begin the following exercises until your child's appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises. These exercise pictures may use a nylon belt, but your child may use a towel at home.

### Quad stretch

1. Lie down on stomach.
2. Pull one foot toward the buttocks until a stretch is felt in the front of the thigh.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



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### Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
  2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
  3. Hold for 30 seconds. Then repeat on the other leg.
- Do the stretch 2 to 3 times a day on both sides.



### Straight leg raise

1. Lie on back with one leg bent and the other leg straight.
  2. Lift up the straight leg to thigh level of the other leg, then lower it back down.
  3. Repeat on the other leg.
- Do 2 sets of 10 leg raises with each leg.



### Clamshells

1. Lie on side with knees bent and feet together.
  2. Lift the top knee up, then lower back down to starting position.
  3. Repeat on the other leg.
- Do 2 sets of 10 clamshells on each side.



#### To Learn More

- Sports Physical Therapy  
206-987-6400
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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