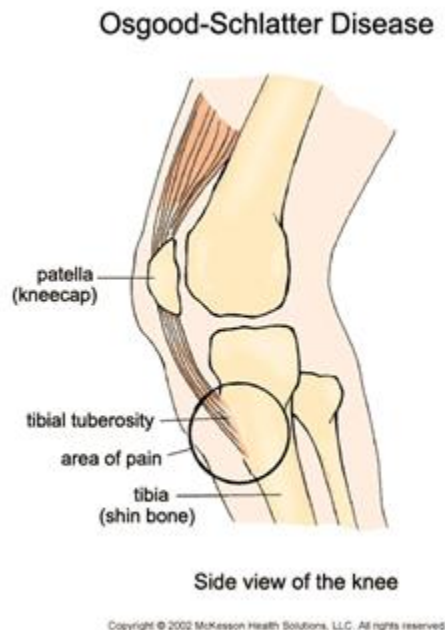




Osgood Schlatter's

What is Osgood Schlatter's?

Osgood Schlatter's is a knee condition in adolescents caused by **inflammation and irritation of the growth plate** at the tibial bone (at the attachment site of the patellar tendon). It's called a "**traction apophysitis**". Even though it can be a painful condition, it's not serious and the prognosis is usually excellent.



What causes it?

It's caused by overuse activities, especially from jumping sports, like basketball and volleyball. These activities cause repetitive strain at the site of the patellar tendon insertion on the growth plate on the tibial bone. It's more common in growing kids, especially during growth spurts.

What's the treatment?

- Modified rest – avoid jumping or running (often need to avoid extra running and jumping)
- Anti-inflammatory medications – like Ibuprofen, Aleve or topical Voltaren (Diclofenac) gel
- Ice – especially after practice or games
- Physical Therapy – strengthening and flexibility of hip flexors, quads, hamstrings
- Patellar tendon (aka Chopat) Strap – a small strap around the patellar tendon might be helpful
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections (for stubborn cases)
- Surgery – rarely needed