

Information for parents and children about

Knee Apophysitis

Osgood-Schlatters and Sinding-Larsen-Johansson

What about sport and other activities?

- Sport or physical activity is not likely to cause any permanent damage, but may make your pain worse. If the pain is affecting how you do your sport, you may need to think about how often you train.
- Reducing strenuous or vigorous sport may be sensible until the pain lessens to a level you can cope with. You should aim to reduce how long, how often, and also how much exercise you do. This is especially important if this exercise includes running or jumping.
- You may need to consider a complete break or change in sport i.e. swimming for a while if pain remains severe.



Will it get better?

- The pain usually goes away within a few months without any treatment by following the advice given above. Unfortunately, some symptoms can last for 12-24 months.
- The good news is you will eventually grow out of it! Once your bones stop growing you won't have any more symptoms.

References:

APCP 'Osgood Schlatter's Disease' (2015), <http://apcp.csp.org.uk>
www.poole.nhs.uk/physio



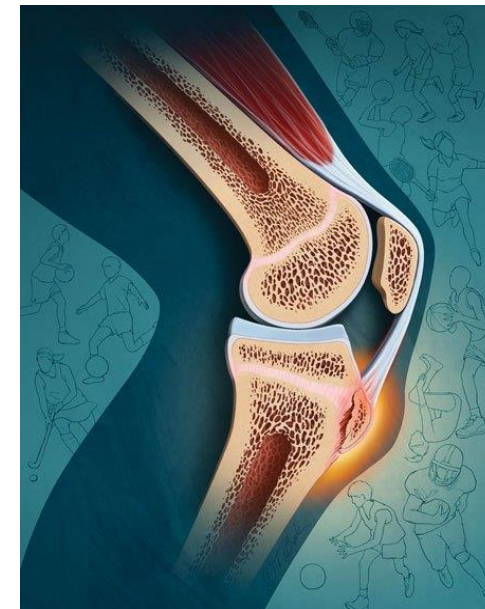
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Apophysitis is a very common childhood condition. It refers to an irritation and inflammation of the apophysis, which is the medical term for where the muscle tendon attaches to the bone.

Knee apophysitis is very common. Depending on the site of traction it may be termed **Osgood-Schlatters** or **Sinding-Larsen-Johansson**. Both are managed in much the same way.

Osgood-Schlatters

Characterised by swelling, pain and tenderness at the front of the knee, over the shin bone (tibial tuberosity). It commonly presents around puberty and often in children who participate in sports such as football, gymnastics, basketball, and distance running.

Sinding-Larsen Johansson

Similar to Osgood-Schlatters but tends to affect the bottom point of the knee cap, and usually is seen in slightly younger children.

What are the causes?

- During a period of rapid growth, the ability of the muscle tendon to stretch decreases compared to bone growth resulting in increased tension at the attachment site.
- The large quadriceps muscle at the front of the thigh pulls on the kneecap (patella) and the patella tendon to straighten the knee
- Repeated stress and strain in the area of this attachment can cause inflammation and pain
- A hard bony lump may develop as the bone tries to heal



What is the treatment for Osgood Schlatter's Disease?

A period of rest initially is recommended to allow the symptoms to settle. Managing your symptoms well may allow you to continue with some activities.

Some things that may help are:

- The use of an ice pack when sore or just after activity (follow instructions on pack)
- Painkillers (as advised by your doctor)
- Modifying the amount of activity you do, and reducing aggravating activities.
- Stretches are very important to loosen up your muscles so that they don't pull so tightly on your bones (only do these when you are not in pain)
- Strengthening your core and gluteal muscles can reduce the stress at your knee

- Taping your knee or using a patella strap can reduce the pressure and direction of pull at the front of your knee, reducing your pain which may be helpful during sport