

**Clinical Guideline:** Osgood Schlatter Disease Site: FPH

Most frequent cause of knee pain in children aged 10-15 years

History

General Information

Following an adolescent growth spurt, repeated stress from contraction of the quadriceps is transmitted through the patellar tendon to the immature tibial tuberosity. This can cause avulsion fractures along with inflammation of the tendon, leading to excess bone growth and producing a visible lump.

Reassurance. This is a self-limiting condition and symptoms will resolve with skeletal maturity (i.e. when the bones finish growing)  
Modify activities to manage the pain. Jumping or kicking activities should be avoided  
Local measure such as ice, anti-inflammatories and quadriceps stretching are recommended

Advice and Treatment

Symptoms not resolving with conservative treatment  
Symptoms persisting >18 months

Investigation

Referral Guidelines – red flag signs

Plain radiographs are used to rule out serious pathology e.g. neoplasm, acute tibial apophyseal fracture and infection

Pain and swelling over the tibial tubercle  
Prominent and tender tibial tubercle

Examination