

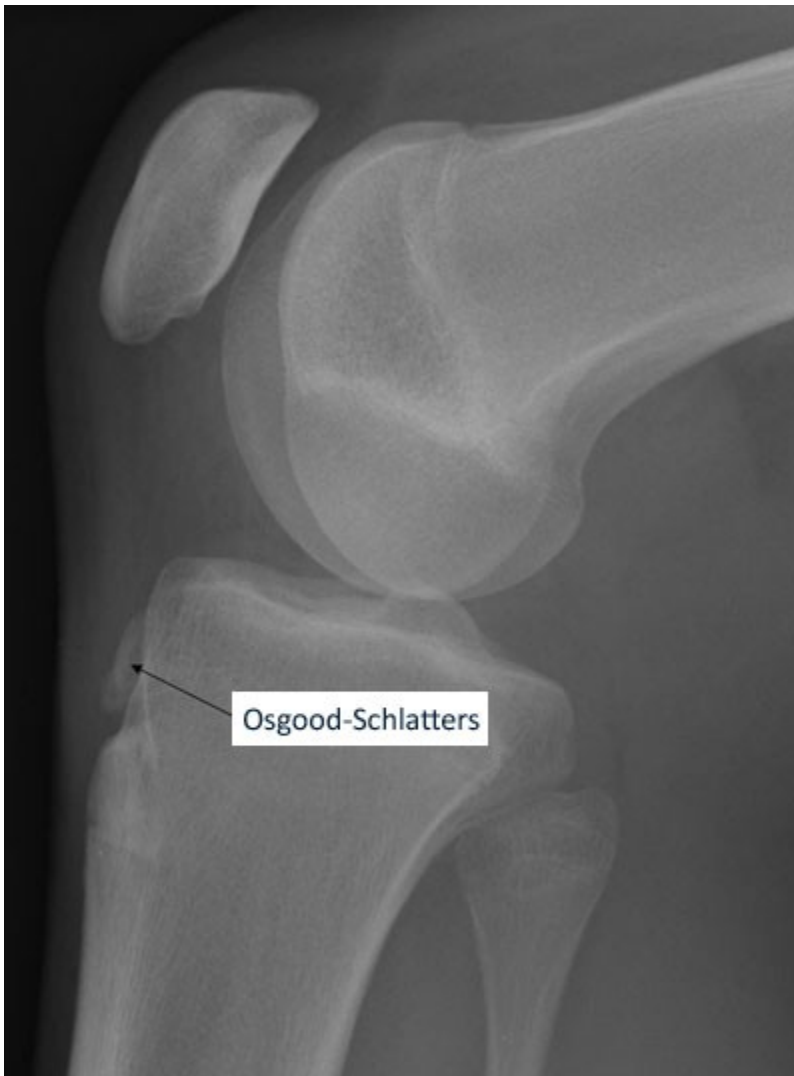
## Osgood-Schlatters Disease

### What is Osgood-Schlatters Disease?

This is when you feel pain coming from the front of your knee where the Patella Tendon (Tendon from your Knee Cap) sticks on to your Tibia (Shin Bone)

This only affects active growing teenagers.

It is usually worse when you do exercise.



### What is the cause?

Inflammation where the bone is growing under where the tendon attaches to the bone.

### Investigations

X-rays of the knee are usually required.

### Options

This is best treated symptomatically with rest and painkillers when it hurts.

Then gradually start exercising again when the pain has stopped.

The pain stops when you stop growing.

You may be left with a bump where the tendon sticks onto the Tibia (Shin Bone). This is best left alone as operations to make the bump smaller often result in worse problems, such as an infection.

[Osgood-Schlatter Disease \(Knee Pain\) - Your Orthopaedic Connection - AAOS](#)