

football, volleyball, basketball). Alternative activities may include: swimming or pilates.

- The physiotherapist may address any muscle imbalance at the knee joint. This means releasing tight muscles (commonly quadriceps) and strengthening muscles that may be weaker.
- Anti-inflammatories – either a short-course of oral anti-inflammatories, or topical gel to the area to settle any inflammation. Your Physiotherapist can make recommendations here, but it is best to talk to your pharmacist or GP about

- make recommendations here, but it is best to talk to your pharmacist or GP about specifics. Ice to the area can also aid in symptomatic relief.
- Advice regarding lower limb and foot posture, and appropriate footwear.



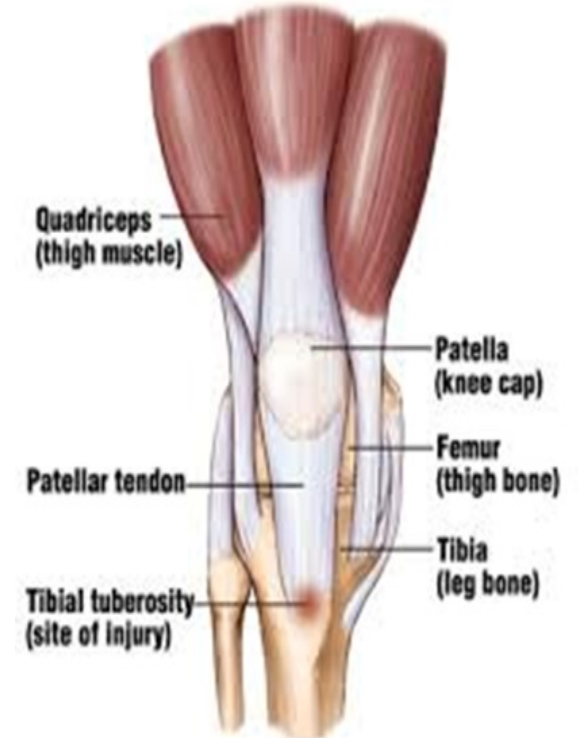
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Osgood Schlatters



CLIENT HANDOUT

Osgood Schlatters

Osgood Schlatters is a condition seen in adolescents – most commonly boys between 13-15 years old. This involves excessive traction (or pull) being placed on the tibial tuberosity (the boney prominence below the knee cap). This is usually due to high levels of activity/sport during a growth spurt. The overload results in irritation to the area, and subsequent pain. It can also lead to abnormal bone growth at the tibial tuberosity – causing a bump.

Typically an adolescent client will present with:

- Anterior (front) of knee pain – usually dull in nature, and local to one specific area.
- Local swelling at tibial tuberosity, as well as tenderness at the same spot.
- Pain after sport or with a quadriceps contraction – especially loaded quadriceps activities (like squatting, running, kicking or jumping). Clients can also report pain with kneeling.

Treatment Usually Involves:

- The good news is this condition is usually self-limiting with time, and majority of clients make a full recovery. A physiotherapist can recommend what to do/avoid to settle pain, and speed up the healing process.
- Advice to avoid activities/sports that flare up pain – this is labelled as 'load management'. This usually involves limiting high impact or heavy load sports (for example netball, football, volleyball,