



Osgood-Schlatter Disease



Overview

This is a type of injury that causes knee pain in children. It's an inflammation of a growth plate in the tibia. Growth plates are places where new bone tissue forms. They are found in the long bones of growing children. But growth plates are weaker than the surrounding bone. That makes them easier to injure.

Causes

Osgood-Schlatter disease is caused by overuse. It's a problem for children who play sports, and it often happens during growth spurts. It's linked to a large tendon called the "patellar tendon," which attaches to a bump on the tibia called the "tibial tubercle." As you run and jump, the tendon pulls against this bump. That places a lot of stress on the nearby growth plate. The growth plate becomes damaged and inflamed.

Symptoms

Osgood-Schlatter disease causes pain and swelling just below the front of the knee. The tibial tubercle may enlarge. Your thigh muscles may feel tight, and you may limp. Often it only affects one knee, but in some people it affects both.

Treatment

Treatment options may include rest, medications and stretching exercises. Your healthcare provider can create a plan that's right for you.