



## Osgood Schlatters Disease



Osgood Schlatters is a painful syndrome that affects the adolescents. During a growth spurt, it is thought that the tendon attaching the quadriceps muscle to the knee joint becomes tighter, creating a strain on the growing leg bone (tibial tuberosity), particularly with physical activities that involve contraction of these muscles.

Treatment options includes icing, modification of activity levels with a guided return. Stretching and strengthening of the quadriceps. Orthomechanical foot control which can certainly help with stability of the knees.

Osgood Schlatters Syndrome will ususally resolve spontaneously.

**Call 9388 9999**