



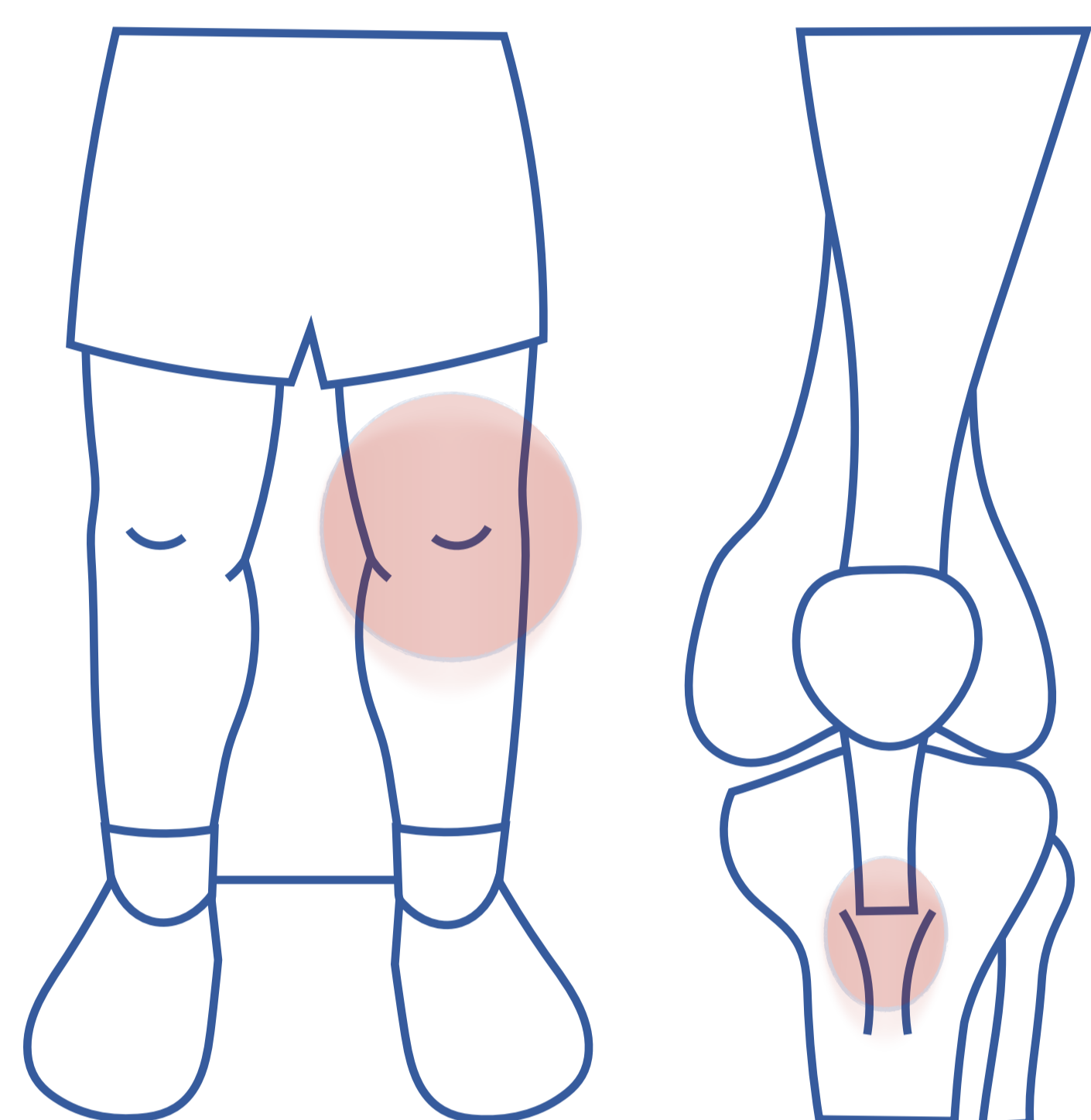
Osgood-Schlatter Disease

Osgood-Schlatter disease is a common cause of knee pain in growing children. It causes **pain just below the kneecap**, at the front of the shinbone (tibia).

It often affects active children and adolescents during growth spurts.

- **Girls:** typically between ages **8–12**
- **Boys:** typically between ages **10–15**

The condition is **harmless** and usually goes away on its own once growth slows down.



What Causes the Pain?

The pain is caused by **tension from the thigh muscles** pulling on the spot where the kneecap tendon attaches to the shinbone, near a growth plate (apophysis). This repeated tension can irritate the area, causing pain and swelling. Several factors can contribute:

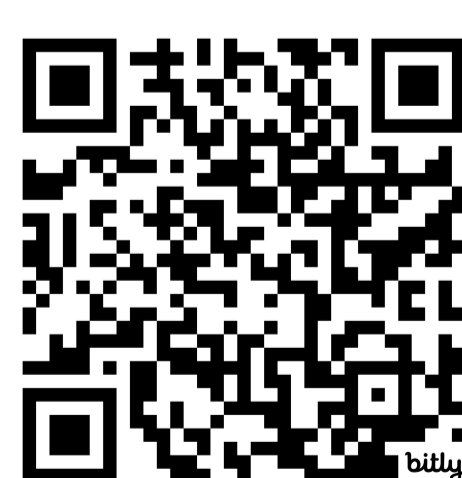
- Fast growth during puberty
- Sports with jumping or sprinting
- Weak or tight thigh and hip muscles

Consult your doctor if your child...

- ▶ Has severe pain or **pain at night**
- ▶ Develops swelling of the whole knee
- ▶ Has **fever, weight loss**, or other symptoms
- ▶ Still has pain 4–6 weeks after modifying activity
- ▶ Can't return to daily activities or sports



More sheets are available at www.epos.org/parent-info. This sheet may also be available in other languages.



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Additional information

- ▶ Diagnosis is **clinical**. X-rays are rarely needed.
- ▶ The condition is **benign** and improves with time.
- ▶ A **bump** below the knee may persist after symptoms resolve; this is harmless

How Does It Present?

Your child may have:

- Pain just below the kneecap, especially with movement.
- Swelling or a **bony bump** at the front of the shin.
- **Pain with touch, kneeling, jumping, or running.**
- **No pain at rest (sitting or lying down).**
- Symptoms lasting months, sometimes up to 2 years.
- **Occasionally affects both knees.**

How Is It Treated?

- **Rest when in pain** is important. Your child should not push through discomfort.
- Limit activities that involve running, jumping, or kneeling. Opt for lower-impact options like **cycling or swimming**.
- Avoid sitting with knees bent or staying in the same position for long periods.
- Apply **cold packs** after activity (always wrapped in a towel, never directly on the skin).
- Include **warm-up & cool-down** routines before and after activity (about 15 min, 2–3 times daily).
- If needed, **paracetamol** can be used for pain (Other painkillers or corticosteroid injections are not recommended)
- **Exercises can help by:**
 - Stretching tight thigh muscles
 - Strengthening hip and leg muscles
 - Improving balance and knee control

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