

# Osgood-Schlatter Disease

## Knee Pain in Active Young People

**Judy Simcoe, PTA**  
**Physical Therapist Assistant**  
**Ham Lake Physical Therapy**

If you have felt a sharp pain below your kneecap while being active, you may have Osgood-Schlatter's Disease. This is a painful bump that forms just beneath the knee. Other symptoms include a dull ache in your knee while at rest, or tenderness and swelling below the kneecap.

The knee is a complex joint with many parts, these parts work together to give you the flexibility and motion needed for walking, running, and jumping. With all these activities and excessive pulling of the tissue within the knee can cause Osgood-Schlatter's Disease. This is because the pulling occurs in an area of the bone that is still growing, and growing parts of a bone are weaker than other parts.

Osgood-Schlatter Disease most often occurs while you're still growing but it is not a growing pain, it is a medical problem that needs treatment. How soon your knee gets better is up to you. Resting, icing, and perhaps wearing a knee strap will help your healing process. If you feel a lot of pain, stay off the knee as much as possible and avoid jumping, walking up and down stairs, or doing activities that increase pain.

As your pain lessens, ease into your normal routine. Once you're back to your normal activities, stay aware of how your knee feels. If something makes it hurt, rest as needed. If your doctor gives you a knee strap wear it when active. By taking these simple steps, you can get back into the game.

If you have further questions or concerns contact your physician or local physical therapist.