

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Osgood Schlatter's disease

This leaflet gives simple information about Osgood Schlatter's disease. This is a common cause of knee pain in children and teenagers.

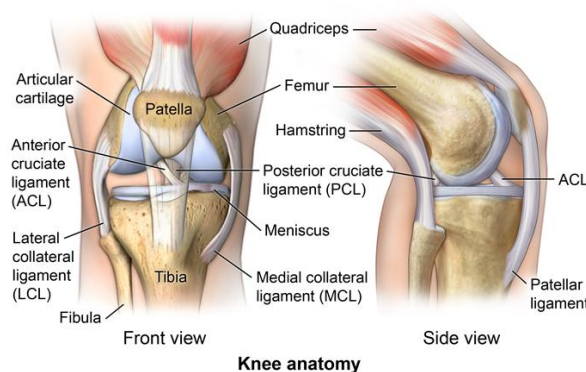
What is it?

The knee is made of the thigh bone, shin bone and kneecap. Muscles, tendons and ligaments help the knee bend and straighten.

Osgood Schlatter's disease causes pain just below the kneecap. It happens where the big tendon in the front of the leg joins the shin bone. It often affects children who play a lot of sport and are growing quickly. A small, hard bump may appear at the front of the knee.

Why does it happen?

- The thigh muscles pull on the tendon at the front of the knee.
- The tendon joins onto the shin bone.
- Running, jumping and sport put stress on this area.
- When you grow quickly, bones can grow faster than muscles. This makes the tendon pull harder and causes pain.



Healthcare professionals can usually tell what it is by asking about your knee and looking at it. Scans are not often needed.

Signs and symptoms:

- Pain and swelling below the kneecap.
- A small hard bump that can hurt when touched or when kneeling.
- Pain during or after running, jumping or sport.
- Often in one knee, but sometimes in both.

What can help?

- Rest and pacing – do not push into strong pain. If 1 is no pain and 10 is the worst pain, try not to go over 5.
- Change activity – you may need shorter training or more breaks. Training is often easier than playing games.
- Exercises – special exercises help stretch and strengthen the muscles. They may ache at first, but if you do them every day, they get easier and help your knee:
 - Level 1 - lying or sitting (leg lifts, bridges, easy stretches).
 - Level 2 - standing (squats).
 - Level 3 - sport and hobby moves.
- Flare-ups – pain may come back when you grow quickly. If this happens, go back to the easy Level 1 exercises until it feels better. Then build up slowly again.

Wong-Baker FACES Pain Rating Scale



Some useful advice to follow is PEACE & LOVE (see the diagram below). Following a growth spurt, which has led to your knee becoming painful again, it is important to go back to doing your Level 1 physiotherapy exercises. Once your knee pain has settled, you can slowly work back through the levels of exercises provided by your physiotherapist.



Key points:

- Osgood Schlatter's disease is common in growing children.
- It is not harmful and almost always gets better with time.
- Keep doing your exercises and avoid pushing through strong pain.
- The bump below the knee may stay, but the pain usually goes as you finish growing.

If your pain gets much worse and you cannot manage it, ask your parent/carer/guardian to contact your GP or physiotherapist for advice.

Contact details

Therapy Services Department
Clinic 10
King's Mill Hospital
Mansfield Road
Sutton in Ashfield
Notts
NG17 4JL

Telephone: 01623 672384, or 01623 622515, extension 4157, or 07787273070.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202509-03-OSD
Created: November 2021 / Revised: September 2025 /
Review Date: September 2027