

**Patient
Information**

Osgood Schlatters Syndrome (OSS)

Introduction

This leaflet gives you information about Osgoods Schlatters Syndrome (OSS) and how it is best managed.

What is OSS?

- OSS is a childhood condition, which affects growing bones around the knee joint
- OSS causes inflammation of the large muscle tendon (patellar tendon) that straightens the knee. This area is particularly affected by overloading the muscle during sports and usually does not follow any injury
- OSS occurs more often in boys than girls aged between 10 and 15 years frequently following a rapid growth spurt
- OSS may affect one or both knees and is a common cause of knee pain in teenagers and young adults
- OSS is often associated with over-use in sport; usually those sports involving jumping or rapid changes of direction such as football, gymnastics, basketball and mountain- biking.

Symptoms of OSS

Typical symptoms are pain, swelling and tenderness (in front of and 5cm below the knee joint where there is a bony bump called the tibial tubercle). This is where the large thigh muscle attaches to the lower leg bone. Pain is aggravated by kneeling and by activity, especially sports. When pain is severe it may cause limping.

Treatment

An operation is not necessary and the treatment is a combination of rest, pain relief and exercise.

Symptoms will generally take a year or 2 to go away but may continue until the person has finished growing.

Any activities that aggravate the pain and swelling need to be reduced to a level that the young person can tolerate.

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Department

Emergency Dept

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Exercise may aggravate the pain but will not cause damage to the knee. Applying a heat pack to the knee for 15 minutes before exercise or an ice pack for 20 minutes afterwards can minimize swelling.

Please ask for a copy of leaflet GHPI0659 'Ice and heat treatment at home'.

Pain relieving medication may reduce pain and swelling but you will need to discuss options with a pharmacist or your GP. An X-ray is not always required but one may be taken of the knee to confirm the diagnosis.

The school should be informed and asked to make allowances for the condition.

The use of specialist insoles (provided by podiatry) can also help in severe cases.

Stretches

Stretch your leg as shown in the images below and hold for 30 seconds, 3 times a day.



Quadriceps (front of leg)



Hamstring (back of leg)

Long-term outcome

A balance of rest and exercise are important in managing the condition. There are no long-term complications of OSS although the tibial tubercle (bony bump below the knee) may remain enlarged after symptoms have disappeared.

Contact information

For self-referral to podiatry or physiotherapy please use the details below.

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Gloucestershire Podiatry Service

Tel: 0300 422 8370

Website: <https://www.glos-care.nhs.uk/index.php/our-services/specialist-care/podiatry>

Physio Call Back

Website: <http://www.gloshospitals.nhs.uk/en/Wards-and-Departments/Departments/Physiotherapy/See-Physiotherapist/Physio-Direct/>

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