

*Every young athlete
needs healthy knees*



Children's Healthcare of Atlanta™

Sports Medicine

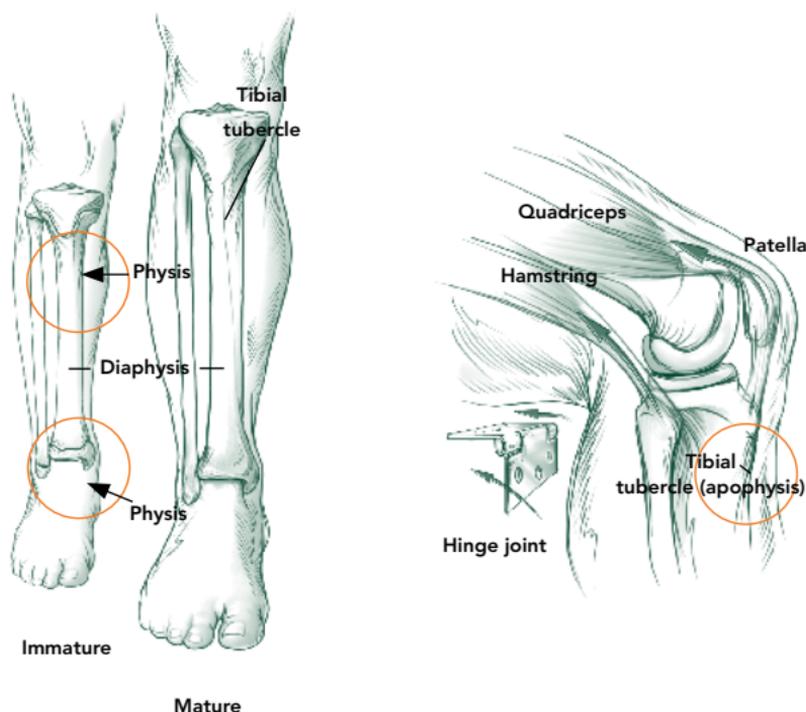
Treat Osgood-Schlatter disease th

Children's Healthcare of Atlanta treats hundreds of knee injuries and disorders in young athletes to get them back in the game. A common knee condition seen during growth spurts in young athletes is Osgood-Schlatter disease.

This is an overuse condition that results in pain and swelling just below the knee on the upper part of the shin bone, or tibia. The repetitive and often rigorous motion of walking or running can overwork the growth center of the knee, causing inflammation, pain and a bump or knot that arises at the top of the tibia.

Osgood-Schlatter disease also:

- Could be caused by a series of small injuries before the area has finished growing.
- Is common in preteen boys and girls at the peak of their growth potential.
- Affects more boys than girls.
- Is common in young athletes that participate in football, soccer, basketball, volleyball and gymnastics.



the right way to keep them active

There are rarely long-lasting side effects of Osgood-Schlatter disease. In a small percentage of cases, a small piece of bone forms in the knee and causes some pain or discomfort. It may require a minor outpatient surgical procedure to remove this fragment.

What we can do

Our Sports Medicine Program has physical therapists that are trained in helping young athletes that are injured, want to prevent injury or want to enhance their performance. Pediatric-trained and sports-certified therapists can show you proper stretching and strengthening exercises for the quadriceps and hamstrings. This will alleviate pain and prevent Osgood-Schlatter disease.

X-rays may be needed to confirm the diagnosis or rule out any other problems. Our radiologists base the amount of radiation needed on each child's size and condition. This keeps exposure as low as possible.

What you can do

Because Osgood-Schlatter disease is rarely a serious problem and doesn't involve the joint, activities don't need to be stopped completely. Minimizing certain activities—like sprinting, jumping or squatting during a workout—may lessen the discomfort.

Other treatments to relieve pain include:

- Ice—Applying ice immediately after a workout can be an effective anti-inflammatory treatment.
- Medicine—Nonsteroidal anti-inflammatory drugs (NSAIDs) can be another effective treatment. Your doctor may suggest an over-the-counter medicine, such as ibuprofen (Motrin, Advil) or naproxen (Aleve), or may prescribe medicine. Take as directed.
- Knee pad or sleeve—Wearing a knee pad or sleeve helps the condition by applying pressure, providing support and protecting the tender area from being bumped.





Visit choa.org/sportsmed for more information.



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Some physicians and affiliated healthcare professionals who perform services at Children's Healthcare of Atlanta are independent providers and are not our employees.

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.

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