

**Hey Kids!** Do you get knee pain?  
Ever heard of.....

## Osgood-Schlatter Disease

*Wow!! Funny name, but what is it!?*

If your knee often troubles you with pain, (you might have heard of people calling it 'growing pains') you're not alone! The Osgood-Schlatter (say "oz-good shlat-ter") condition is common in active, rapidly growing teens.

As you go through growth spurts, the muscles around your knees become very tight. Mainly it involves a part of your knee called the tibial tuberosity (yet another funny name!) which you will notice is the bump just below your knee-cap (also called patella). As preteens and young teens (usually between 11-14 years old) you are often affected by Osgood-Schlatters because your bones are growing fast at this age. Being ultra keen on sport unfortunately might add to the problem. Any activity can cause Osgood-Schlatters, but it's more common in activities that involve a lot of jumping and cutting, like basketball, netball, volleyball, soccer and gymnastics.

The good news is that you and your parents can help treat the pain in your knee (try to remember the word RICE – see box below) and it usually goes away on it's own within 1-2 years. The knee may remain uncomfortable for you during this time, but you can talk to the physiotherapist so that you can work together to cope with the pain! If your knee pain is continually bad, you might need to reduce the amount of sport you are playing, just until the knee heals – remember this is only a temporary option and you'll only need to cut back or stop activity if your physiotherapist and parents think it is necessary.

If your knee pains are frequent and becoming annoying for you, why not ask your parents if you can see a physiotherapist. The physiotherapist can check your gait (the way you move – e.g running style), knee-cap angle/ position or how you play the sport which may be contributing to the problem during your growth spurt – all of which can help reduce the pain you are experiencing!

Always make sure you tell your parents if your knees are hurting you (now you can even tell them you think you might know what is causing the pain – they'll be very impressed!).

- R** Rest the knee from the painful activity
- I** Ice the affected area for 20 minutes, 3 times a day
- C** Compress the painful area with an elastic bandage
- E** Elevate the leg



O T E N N I S T L R R  
 E E N A G N N R N B B  
 L E B C S F G N L R S  
 C E S L O O D G L B F  
 T I S N C O A F L B O  
 G N G N C T N N E F E  
 N O C R E B C I E B C  
 N G L U R A I N S T N  
 G T O N E L N I O N L  
 F L D N G L G T G L F  
 G N E I R R L I L N N  
 C U F N E T B A L L F  
 C L C G G E C B L E C

## Find - a - Word!

Find all your favourite sports.....

- FOOTBALL
- DANCING
- SOCCER
- TENNIS
- RUNNING
- NETBALL



## Multi-choice Quiz



1. How many bones does a human skeleton have?  
 a) 52    b) 206    c) 100    d) 15
2. What is the name of the bump just below your knee-cap? (Hint: It's in the newsletter about Osgood-Schlatters Disease)  
 a) Knee Bone    b) Tibial Tuberosity    c) Tibia    d) Knee Bump
3. What does a physiotherapist do?  
 a) Assess movement problems    b) Treat people of all ages    c) Reduce Pain  
 d) Rehabilitate after Injury    e) Health Education    f) All of the above
4. What is the correct name for the knee cap? (Hint: It's in the newsletter about Osgood-Schlatters Disease)  
 a) Patella    b) Fibia    c) Pubis    d) Tibia