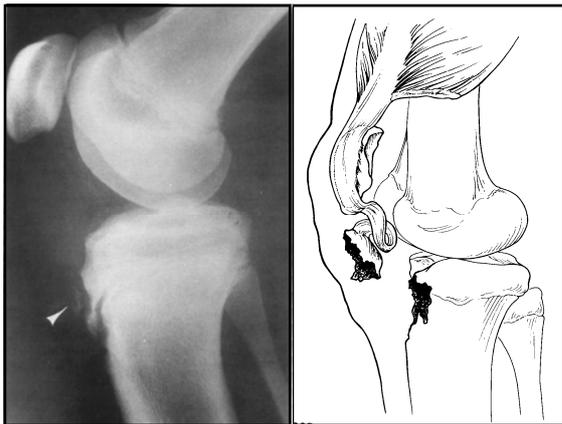


“Physio provides a better understanding of knee pain in children”

Knee pain is common in childhood. From bumps and bruises to ‘growing pains’, many children develop symptoms as the years fly by. Let’s look at one particular condition to better understand how knee pain in kids should be treated.

Osgood-Schlatter’s disease can cause knee pain in rapidly growing children. Typically this problem involves a part of the knee called the *tibial tuberosity*, which is the bump of bone just below your knee cap. The muscle that attaches here, the *quadriceps*, actually starts to pull this protuberance off the main bone shaft.



X-Ray image of Osgood-Schlatter's disease

Osgood-Schlatter’s disease usually affects kids between 11 and 14 years old, as this is a time of rapid growth. As children go through these growth spurts, the muscles around the knee can become very tight., exacerbating the problem.

Other conditions that must be differentiated from Osgood-Schlatter’s disease include patella problems, tendinitis and knee fractures.

Unfortunately sports can add to the problem. Any activity can cause Osgood-Schlatter's, but it’s more common in activities that involve a lot of jumping and quick changes in direction like basketball, volleyball, soccer and gymnastics.

The good news is that with the right know-how it is easy to treat the pain. Physio can help to stretch tight muscles, strengthen the weak ones, and make sure that all of your biomechanics are correct.



The step-down exercise, often used to correct strength imbalances found in Osgood-Schlatter’s disease.

We can also check your walking pattern and knee-cap angle/position, and advise on how to modify movements in activity that might be contributing to the problem.

Thankfully, we have good success in treating Osgood-Schlatter's disease.

Joke of the Day

Doctor: I have some bad news, and some very bad news.

Patient: Well, might as well give me the bad news first.

Doctor: The lab called with your test results. They said you have 24 hours to live.

Patient: 24 HOURS! That’s terrible!! WHAT could be WORSE? What's the very bad news?

Doctor: I've been trying to reach you since yesterday. (boom-tish!)