

How to Treat Osgood-Schlatter Disease of the Knee

If you have not watched the other video on Osgood Schlatter Disease in our series entitled: *What is Causing Your Knee Pain? Osgood Schlatter Disease? How to Tell.* You may want to do so. It will help with your understanding of treatment.

Osgood Schlatter disease will eventually go away on its own, generally after the involved person's growth spurt stops. Although it may be uncomfortable to participate in sports it generally is not dangerous to do so. Try the following suggestions.

1. Perform warm-up exercises before playing sports. Specifically, quadricep, hamstring and calf stretches. These stretches can also be performed throughout the day.
2. Avoid specialization in one sport.
3. Avoid high intensity workouts or practices in a sport.
4. Try cross-fiber massage over the patellar tendon
 - a. especially prior to playing sports (2-3 minutes). The massage can also be performed throughout the day.



5. Use shock-absorber insoles in both shoes.
6. Use a heating pad for 15 minutes prior to a sporting activity and use a cold pack for 20 minutes after. The cold pack may also be used throughout the day.
7. Wear a protective pad to cushion the top of your shin bone.
8. Try use of an over-the-counter medicine such as Ibuprofen, Advil, or Motrin, to fight pain and inflammation (if approved by your doctor).
9. Strengthen your quadriceps muscles. Demonstrate isometric way with pillow.

