



CARE INSTRUCTIONS

KAISER PERMANENTE

Osgood-Schlatter Disease: After Your Child's Visit

Your Kaiser Permanente Care Instructions

Older children and teenagers often get a knee condition called Osgood-Schlatter disease. It causes pain and swelling in the shinbone just below the kneecap (patella). This problem usually occurs during a child's growth spurt, when leg bones are getting longer. This problem can affect either or both knees. The pain may come and go.

Your child's knee should feel better after some rest. Your child's doctor may advise using ice and pain medicine to relieve discomfort. Your son or daughter may need to limit sports and other activities that put pressure on the knee. But stretches that keep the leg muscles flexible may help relieve pain.

This condition can come back while your child is still growing, but it should stop when your child's growth spurt ends. It may leave a painless bump on the bone that remains after the condition is gone.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

- Put ice or a cold pack on the knee for 10 to 20 minutes at a time. Put a thin cloth between the ice and your child's skin.
- Have your child prop up the sore leg on a pillow when you ice it or anytime he or she sits or lies down. Keep it above the level of his or her heart. This will help reduce swelling.
- If your child's doctor advises wearing a brace, follow the directions for its use. Wrapping the knee may reduce or prevent swelling.

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- Give acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain. Read and follow all instructions on the label. Do not give two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.
- If your child needs help getting around, he or she can use a cane or crutch. These can help rest the knees.
- Follow the doctor's advice about how much weight your child can put on the knee.
- To protect your child's knees during sports or other impact activities, he or she could wear knee pads or patellar straps.
- Simple stretches before activities will help keep your child's legs flexible. Here are two that may help.
 - Quadriceps stretch: Your child lies on his or her side with one hand supporting the head. He or she bends the upper leg back and grabs the ankle with the hand. Then he or she stretches the leg back. Your child should hold the stretch at least 15 to 30 seconds, and repeat 2 to 4 times. Then he or she should change sides and stretch the other leg.
 - Hamstring stretch: Your child sits on the floor with the right leg extended out straight, the knee slightly bent, and the toes pointing toward the head. He or she bends the left leg so that the left foot is next to the inside of the right thigh. He or she leans forward from the hips, and reaches for the right ankle. Your child should not try to touch his or her forehead to the knee. Your child should hold the stretch at least 15 to 30 seconds, and repeat 2 to 4 times. Then he or she should change sides and stretch the other leg.
- During your child's growth spurt, he or she may want to try activities that do not stress the knee, such as swimming, walking, and biking.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- Your child has increased or severe pain.
- Your child has redness or swelling below the knee.

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- Your child does not get better as expected.

Where can you learn more?

Go to <http://www.kp.org>

Enter A914 in the search box to learn more about **"Osgood-Schlatter Disease: After Your Child's Visit"**.

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