**Osgood-Schlatter Disease (OS)**

**Summary:**

OS is a common cause of knee pain in growing adolescents. It is an inflammation of the area just below the knee where the tendon from the kneecap attaches to the shinbone. It most often occurs during growth spurts and children who participate in athletics (running and jumping) are more at risk. Most symptoms disappear around ages 14 – 18.

**Symptoms:**

* Knee pain and tenderness at the bottom of the knee
* Swelling at the bottom of the knee
* Tight muscles in the front or back of the thigh

**Strategies:**

Refer to Staff Advantage for specific guidance. It is unlikely to have an impact in college, but if the student is taking part in physical activity:

* encourage the student to stretch before and after activity
* encourage the student to wear shock-absorbing insoles
* offer a heating pad for 15 minutes before activity and ice pack for 15 minutes after the activity (available from first-aiders)

For further guidance see below.

[OrthoInfo guidance](https://orthoinfo.aaos.org/en/diseases--conditions/osgood-schlatter-disease-knee-pain/)