

# The persistent bump on your child's knee: When it's more than just a knock

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If your child is between the ages of 9-16, is active and has been complaining of knee pain, chances are they might be experiencing what is known as 'Osgood-Schlatter Disease'.

Osgood-Schlatter Disease is the inflammation of the top part of the shin bone where the tendon of your patella (knee cap) attaches and often occurs alongside a growth spurt.



It describes injury of the growth plate that is found here, due to the rapid growth of bone that places pressure on the region. Characteristically, there may be a visible bump in this area, and the front of the knee may be sore to touch.

Active children who play high impact or plyometric sports that require a lot of jumping and landing such as basketball, netball, running and football are most at risk of developing a 'painful bump'.

Often, the child has just started a new season of sport, or started additional training and their overall 'load' over a week may have increased. They may develop sudden sharp pain, or the pain may develop over a period of time.

**Stopping your child from participating in sport is not the best solution.**

The key to solving your child's pain is in the management of their overall 'training load', reducing inflammation and correcting any underlying biomechanical reasons for why they initially developed the condition.

Children gain 26% of their peak bone mass (bony strength) in a 2 year period during puberty. Weight bearing, impact activity is key for future bony health!

A physiotherapist is able to assess and correct your child's biomechanics and appropriately guide the return to their full amount of training, if they have deemed it necessary to *modify* their load.

**QUICK TIP:** Ice after sport on the sore area for 10-15 minutes will make a big difference to your child's pain!

For more information or to book a consultation with a Physiotherapist, please contact our team at your local clinic or book online at [www.psmgroup.com.au](http://www.psmgroup.com.au)