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Osgood-Schlatter disease

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Overview

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Osgood-Schlatter disease can cause a painful, bony bump on the shinbone just below the knee. It usually occurs in children and adolescents experiencing growth spurts during puberty.

Osgood-Schlatter disease occurs most often in children who participate in sports that involve running, jumping and swift changes of direction — such as soccer, basketball, figure skating and ballet.

While the condition was once more common in boys, the gender gap has narrowed as more girls have become involved with sports.

Osgood-Schlatter disease typically occurs in boys ages 12 to 14 and girls ages 10 to 13. The difference is because girls enter puberty earlier than do boys. The condition usually resolves on its own, once the child's bones stop growing.

Symptoms

Knee pain and swelling just below the kneecap are the main indicators of Osgood-Schlatter disease. Pain usually worsens during certain activities, such as running, kneeling and jumping, and eases with rest.

The condition usually occurs in just one knee, but it can affect both knees. The discomfort can last from weeks to months and can recur until your child stops growing.

INDICATION

INTRAROSA vaginal inserts are a prescription medicine used in women after menopause to treat moderate to severe pain during sexual intercourse caused by changes in and around the vagina that happen with menopause.

IMPORTANT RISK INFORMATION

Do not use INTRAROSA vaginal inserts if you have vaginal bleeding that has not been checked by your

When to see a doctor

Call your child's doctor if knee pain interferes with your child's ability to perform daily activities. Seek medical attention if the knee is swollen and red, or if the knee pain is associated with fever, locking or instability of the knee joint.

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Causes

During activities that involve running, jumping and bending — such as soccer, basketball, volleyball and ballet — your child's thigh muscles (quadriceps) pull on the tendon that connects the kneecap to the growth plate at the top part of the shinbone.

This repeated stress can cause the tendon to pull on the growth plate where the tendon inserts into the shinbone, resulting in the pain and swelling associated with Osgood-Schlatter disease. Some children's bodies try to close that gap with new bone growth, which can result in a bony lump at that spot.

Risk factors

The main risk factors for Osgood-Schlatter disease are:

- **Age.** Osgood-Schlatter disease occurs during puberty's growth spurts. Age ranges differ by sex because girls enter puberty earlier than do boys. Osgood-Schlatter disease typically occurs in boys ages 12 to 14 and girls ages 10 to 13.
- **Sex.** Osgood-Schlatter disease is more common in boys, but the gender gap is narrowing as more girls become involved with sports.
- **Sports.** The condition happens most often with sports that involve running, jumping and swift changes in direction.
- **Flexibility.** Tightness in the quadriceps muscles can increase the pull of the kneecap's tendon on the growth plate at the top of the shinbone.

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Complications

Complications of Osgood-Schlatter disease are uncommon. If they occur, they might include chronic pain or localized swelling.

Even after symptoms have resolved, a bony bump might remain on the shinbone just below the kneecap. This bump can persist to some degree throughout your child's life, but it doesn't usually interfere with knee function.

In rare cases, Osgood-Schlatter disease can cause the growth plate to be pulled away from the shinbone.

By Mayo Clinic Staff

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