

Osgood-Schlatter Disease: Causes, Symptoms, and How Physiotherapy Can Help

Weaver Physiotherapy & Sports Injury Clinic - Expert Knee Pain Treatment for Children & Teens in Northwich, Cheshire

Is your child complaining of knee pain, especially during or after sport? Are you noticing a painful bump just below their kneecap? If so, they could be suffering from a common adolescent condition called Osgood-Schlatter Disease.

At Weaver Physiotherapy & Sports Injury Clinic, we regularly treat young athletes from Northwich, Knutsford, Winsford, Middlewich, and surrounding Cheshire areas who are experiencing knee pain caused by growth spurts and increased activity. Our goal is to relieve symptoms, promote safe return to sport, and prevent long-term issues.

What is Osgood-Schlatter Disease?

Osgood-Schlatter Disease (OSD) is an overuse injury affecting the growth plate at the top of the shinbone (tibia), where the patellar tendon attaches. It typically occurs during adolescence, when bones grow quickly and muscles/tendons struggle to keep up with the changes.

As the quadriceps muscles pull on the developing tibial growth plate during movement (especially running and jumping), this repeated stress can cause pain, inflammation, and a bony lump just below the kneecap.

It's most common in children aged 10-15, especially those involved in sports such as football, basketball, gymnastics, dance, or running.

Who Gets It and Why?

Osgood-Schlatter Disease usually affects:

Active children and teenagers

Those going through a growth spurt

Boys more often than girls (though girls are catching up with increased sports participation)

Osgood-Schlatter Disease: Causes, Symptoms, and How Physiotherapy Can Help

Kids who participate in running, jumping, and kicking sports

Contributing factors include:

Rapid bone growth during puberty

Tight quadriceps or hamstrings

Poor hip/core strength or control

Repetitive strain from sport or training without adequate rest

It typically affects one knee, but in some cases, both knees can be involved.

Signs & Symptoms of Osgood-Schlatter Disease

Common symptoms include:

Pain and tenderness just below the kneecap (tibial tuberosity)

A noticeable bony bump or swelling in that area

Pain that worsens with activity, especially running, squatting, or jumping

Relief with rest

Pain when kneeling or pressing on the tibial bump

Tightness in the quads or hamstrings

Is It Serious?

While Osgood-Schlatter Disease is not dangerous, it can cause significant discomfort and affect participation in sport. The good news? It typically resolves once growth plates close, but physiotherapy can speed up recovery and help your child stay active with less pain.

How Physiotherapy at Weaver Physio Can Help

At Weaver Physiotherapy & Sports Injury Clinic, we provide expert treatment for adolescents with Osgood-Schlatter Disease. Our approach focuses on reducing pain, improving biomechanics, and managing

Osgood-Schlatter Disease: Causes, Symptoms, and How Physiotherapy Can Help

sport load without stopping activity altogether if possible.

1. Accurate Assessment
2. Pain Relief and Hands-On Therapy
3. Targeted Strengthening & Flexibility Work
4. Load Management & Return to Play Advice

How Long Does It Last?

Osgood-Schlatter symptoms may persist for several months, especially during periods of rapid growth. Physiotherapy helps speed up recovery, minimise discomfort, and reduce the likelihood of recurring flare-ups.

Does It Require Scans or Surgery?

Osgood-Schlatter Disease is usually diagnosed clinically and does not require imaging unless there are unusual symptoms. Surgery is rarely needed, and only considered in severe, unresolved cases once the child has stopped growing.

Why Choose Weaver Physio for Osgood-Schlatter Treatment?

We offer:

- Specialist assessment for growing athletes
- Tailored rehab plans based on sport and ability
- Hands-on treatment to relieve pain and aid recovery
- Advice for parents, coaches, and schools
- Flexible appointments with HCPC-registered physios

Don't Let Knee Pain Stop Their Progress

With the right physiotherapy guidance, Osgood-Schlatter Disease doesn't have to sideline your child. At Weaver Physio, we help young athletes move better, play with confidence, and grow stronger for the future.

Call us today: 01606 45077

Book online: www.weaverphysio.com

Osgood-Schlatter Disease: Causes, Symptoms, and How Physiotherapy Can Help

Clinic location: Northwich, Cheshire