

Osgood-Schlatter Disease:

What is it?

Here is a link to the Mayo clinic's definition, symptoms, and risk factors:

<https://www.mayoclinic.org/diseases-conditions/osgood-schlatter-disease/symptoms-causes/syc-20354864>

When are we most likely to see it at our gym?

Osgood-Schlatter disease typically occurs in boys ages 12 to 14 and girls ages 10 to 13.

We see it most often when there is a large growth spurt. Basically, as the long bones grow, soft tissue lengthening can't keep up and pain at tendon insertion points occur.

Pain resolves permanently once growth plates close.

What can we do about it?

I have had good results with the following protocol with many gymnasts at our gym:

1. Laser treatments – most effective is 3 treatments within 10 days with onset of pain and then as needed. See "Laser Info" on WCGA Resource page.
The cost for this treatment is \$20.00 per session. Written parent permission is required.
2. Stretching, stretching, and more stretching. Assisting soft tissue with the lengthening process decreases pressure on insertion points.
Specifically – check out "Stretches and Self-Release for Osgood-Schlatter" document on WCGA Resource Page.
3. Strengthen leg muscles to assist the body in absorbing impact of doing gymnastics. See the "Knee Stabilization" exercises on the WCGA Resource page.
4. Encourage non-resistive movement of the quadriceps muscle such as walking or elliptical machine with no resistance as this warms the tissue with minimal impact.
5. Kinesiology tape when gymnast is having increased pain. See U-Tube link of taping procedure on WCGA page. I am Rock Tape Certified and prefer Rock Tape however a good alternative is CVS brand. I do not care for K-Tape brand.
6. Ice after practice!!