THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

KNEE PAIN IN GROWING ATHLETES: *OSGOOD SCHLATTERS*

What's causing the pain below your knee cap, and how to manage it so you can keep playing





Has your child been complaining of pain just below their kneecap during or after sport? It could be Osgood-Schlatter disease, a common cause of knee pain in active children and adolescents, particularly during growth spurts.

It occurs when the tendon below the kneecap becomes irritated where it attaches to the growing shin bone. Repetitive running, jumping and kicking can place extra stress on this area, causing pain and sometimes a noticeable bump below the knee.

Stopping activity isn't always necessary, but pushing through ongoing pain without appropriate management can prolong symptoms and affect sporting performance.







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WHAT YOU SHOULD DO ABOUT IT?

- **Activity Modification:** Scale back high-impact activities when needed and work out an appropriate training load to avoid aggravating symptoms.
- **Knee Support:** Taping, sleeves or patellar straps may help improve comfort during activity.
- **Quad & Hamstring Strength:** Controlled single-leg exercises help build strength and capacity for the demands of sport.
- **Stretching & Mobility:** Focus on the quads, hamstrings, calves and hip flexors to address muscle tightness.
- **Balance Work:** Single-leg exercises improve balance, coordination and control for sport.

WHEN YOU SHOULD SEEK HELP?

If your child is experiencing ongoing knee pain, particularly during or after sport, it's worth getting it assessed. Pain that limits activity, causes swelling or makes everyday movements uncomfortable shouldn't be ignored.

If knee pain is holding your child back, our physio team can help them get back to doing what they love.