

# Children & Adolescent Knee Pain



CRYSTAL PALACE  
PHYSIO GROUP

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Making People Better

## What is it?

- An **inflammation** of the bone below the knee known as **Osgood Schlatters**
- If it is nearer the knee cap it is known as **Sinding-Larsen Johansson (SLJ)** syndrome
- It is a warning signal that you may have overdone an activity or sport

## When does it hurt?

- It commonly hurts during or after sport, particularly sprinting and jumping
- It may coincide with a sharp increase in sport and/ or a growth spurt

## What can I do?

- Rest from unnecessary activity that aggravates your pain for a couple of days
- Ice or heat can help with pain relief
- Elevate your knee as often as possible

## Seek specialist physiotherapy assessment and advice on how to:

- Modify sporting activities
- Stretching exercises
- Strengthening exercises
- Manual therapy

## How long does it take to get better?

The pain usually resolves with physiotherapy treatment and advice within 6 months

## Contact us now

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