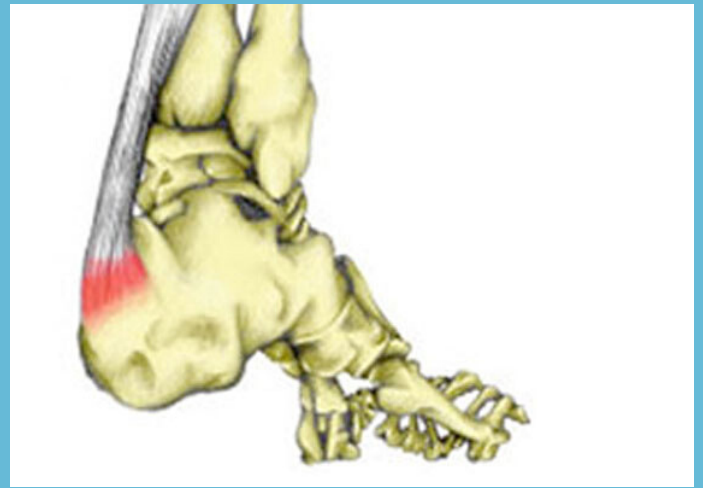
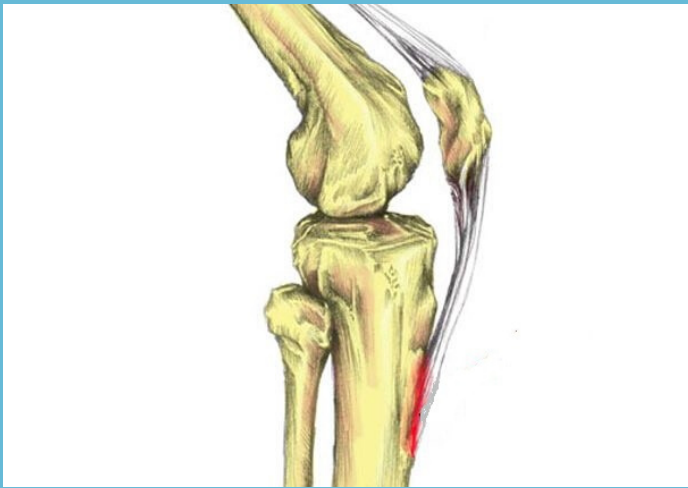


MANAGING ADOLESCENT KNEE & HEEL PAIN

OSGOOD SCHLATTER'S & SEVER'S CONDITIONS

- Are **NOT** "diseases" - are common conditions in growing, active bodies
- The bone / tendon junction gets irritated with too much or sudden activity
- Normally, complete rest is **NOT** needed - modify activity, less jumps, less running, but still do some. Stop when the pain builds and ice it!!!
- Stretching will probably make it worse when the area is irritated - massage and foam rolling can help relieve muscle tension
- Ice pack 10 minutes every evening and after exercise / training
- Anti-inflammatory use should be limited
- Nearly all will go away over time
- Get them assessed to get a plan to gradually regain strength & dynamic power.



Osgood-Schlatter's condition

Massage the quads (front of thigh)
Stretch the glutes, calf & inner thigh

Sever's condition

A heel raise can help relieve pain
Massage the calf
Stretch the quads, glutes & hamstrings

This is general information only designed to understand the conditions and enable parents to help manage their child's pain and maintain some level of sport and exercise.

Always get a clinical assessment to ensure nothing unusual is missed as other conditions can present like these.



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