

Growing Knee Pain (Osgood-Schlatter / SLJ)

For young athletes and their parents

In growing athletes, the thigh tendon pulls on a soft growth area just below the kneecap (Osgood-Schlatter) or at the bottom of the kneecap (Sinding-Larsen-Johansson). It is not dangerous, and it goes away when growth finishes. These exercises ease the pull on the tendon so you can keep playing.

- It's OK to keep playing if pain stays at 3 out of 10 or less and you aren't limping.
- Ice the sore spot for 15 to 20 minutes after activity.
- A knee strap or kneeling pad can help.
- Do the holds and stretches daily.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM



Leg-Straightening Hold with Band

Sit with a band looped from the chair leg behind you to your ankle. Straighten your knee partway and hold it against the band without moving.

Do: Hold 45 seconds, rest 2 minutes.
Do 5 holds

Use a band strong enough that the hold feels like hard work.



Standing Quad Stretch

Hold a counter. Pull your heel toward your buttock with your knees side by side. Hold.

Do: Hold 30 seconds, 3 times each side



Wall Sit Hold

Lean your back against a wall with your feet out in front. Slide down until your knees are bent partway, not all the way to 90 degrees. Hold.

Do: Hold 45 seconds, rest 2 minutes.
Do 5 holds



Hamstring Stretch with Strap

Lie on your back with a strap around one foot. Pull the leg up with the knee straight until you feel a stretch behind your thigh. Hold.

Do: Hold 30 seconds, 3 times each side



Calf Stretch at Wall

Hands on a wall, one foot back. Keep the back knee straight and heel down, and lean forward until you feel a stretch. Hold.

Do: Hold 30 seconds, 3 times each side



Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Mini Squat

Hold a counter, feet hip-width apart. Push your hips back and bend your knees a little, like starting to sit. Stand back up.

Do: 15 reps x 2 sets

Go only as low as is comfortable. Keep your knees over your toes.

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.