

Understanding OSD and SLJ : The Impact on Young Athletes

In our blog, we will be breaking down Osgood–Schlatter (OS) and Sinding-Larsen-Johansson (SLJ) Lesions.

Understanding OS and SLJ

Everyone has heard of Osgood-Schlatter, either you, your neighbour, cousin or friend has had it. Up to 10% of all adolescents are affected by OSD. But what is it actually? And what is SLJ?

OS is a common osteochondritis (covered in previous blogs) that occurs at the knee joint. Specifically, this occurs at the growth plate of the tibial tuberosity. (To touch and palpate this landmark; this is the top bony part of your shin bone before you reach the patella).

SLJ presents very similarly to OS. However, SLJ affects the inferior pole of the patella. Thus, it presents slightly superior (higher) to the knee than OS.

Causes of OS and SLJ

As mentioned above, OS and SLJ are types of osteochondrosis – self-limiting development of normal bone growth as covered in our previous blog. This can often result from overuse and repetitive bouts of running and jumping. The onset of OS and SLJ are strongly associated with repeated contraction of the quadriceps (repetitive knee extension).

To keep reading, head on over to Carlingford Active Health’s website for the full blog:

<http://www.carlingfordactivehealth.com.au/news/understanding-osd-and-slj-the-impact-on-young-athletes/>

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