

Understanding OCD: The Impact on Young Athletes

We continue in our blog series and this fortnight we are looking at Osteochondritis Dissecans (OCD).

Have you ever heard of Osteochondritis Dissecans?

OCD is a condition which develops in certain joints of young people. OCD affects the subchondral bone and its articular cartilage. That is in simple terms, the bone that is underneath the cartilage and the cartilage subsequently above the subchondral area.

This is common in the knee and elbow and occasionally in the ankle.

Causes of OCD

The cause of OCD commonly occurs from a loss of blood flow to the joint (localised avascular necrosis) which can cause the articular surfaces (cartilage) to soften. This may then cause the subchondral collapse (bone below the cartilage) to collapse and form loose bodies in the knee (medial femoral condyle), elbow (capitellum) or ankle (medial talus).

But how does this happen?

Well in most cases, the cause is idiopathic. Simply meaning, we don't really know! But the most common risk factors involve increased and repetitive stress or load to the bone.

Other risk factors may involve chemical changes at the surface located in the subchondral bone, genetic conditions, growth disorders, hereditary factors.

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

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

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