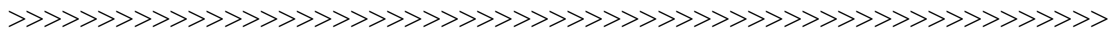


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### Osgood Schlatter

Osgood Schlatter disease is a common cause of anterior knee pain, most often occurs between 11 to 15 years old and is caused by overusing the knee, mainly in sports that involve jumping/running. Symptoms are: dull ache on knee, swelling and tenderness below the kneecap, tends to improve with rest and can be worse during or just after physical activity. This occurs due to a small injury where the thigh muscle attaches to the shin bone.

#### Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed

We advise resting your knee, use a knee strap and if you feel your knee inflamed, use ice packs (15/20 min) 2-3 times a day.

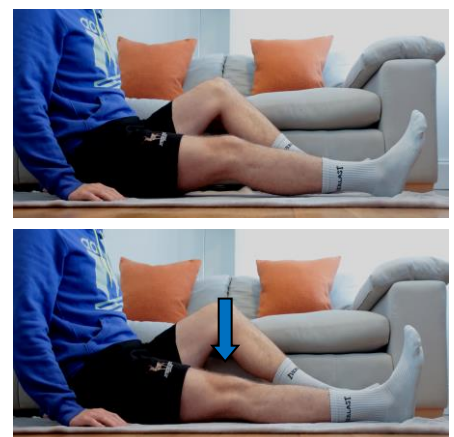
#### Hamstring stretch:

- Lie down on your back
- Place a towel or scarf around your toes
- Extend your leg and pull the towel towards you
- Hold 20 seconds
- 3 repetitions



#### Quads sets:

- Sitting on the floor
- Bend the good leg
- Straighten the injured leg
- Press the back of the injured knee into the floor
- Hold 10 seconds
- 3-5 repetitions

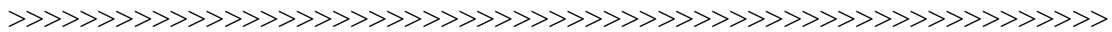


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Quadriceps stretch:



- Hold the back of a chair, or stand close to a wall
- Grasp your ankle from injured leg and pull the heel towards you
- Hold 20 seconds
- 3-5 repetitions



Straight leg raise:

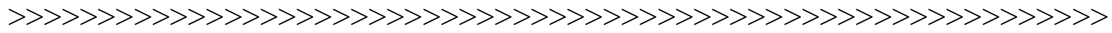
- Lie on your back
- Bend the good leg
- Straighten the painful leg and pull back your toes
- Lift your leg 1 foot off the floor/bed
- Hold 5 seconds
- 10 repetitions



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Wall slide:

- Stand against a wall
- Keep your feet 20 cm distance from the wall
- Add a ball or towel between your knees
- Slowly slide down the wall
- Return to the starting position
- 10 repetitions

