



Osgood-Schlatter Disease Action Plan

Student: _____ D.O.B. : _____ Grade: _____

Homeroom Teacher: _____ Date: _____

Osgood-Schlatter Disease is an inflammation of the bone, cartilage, and/or tendon at the top of the shinebone where the tendon from the kneecap attaches. It is not really a disease, but an overuse injury. It is one of the most common causes of knee pain in adolescents. It can be quite painful, but usually goes away with time. Most often just one knee is affected. It usually strikes around the beginning of growth spurts; between 8-13 for girls and 10-15 for boys.

Symptoms or Complaints	Actions
<ul style="list-style-type: none">• Pain, swelling, and tenderness below the knee• Pain that gets worse with exercise• Limping after exercise	<ul style="list-style-type: none">• Rest the knee from painful activity.• Ice to painful area for 20 minutes – up to 3 times a day• Compress the painful area with an elastic bandage – protective padding may be necessary.• Elevate the leg• Anti-inflammatory or pain medications as ordered by the healthcare provider. Must have current medication authorization on file at school• A healthcare provider's note is required to limit physical education or other activities. Must have current physical limitations orders on file at school.
Excessive absences due to knee pain	Inform school nurse and guidance counselor

Is your child currently under a doctor's care for Osgood-Schlatter's? ___ Yes ___ No

Name of Healthcare Provider: _____

Other care instructions and/or concerns:

Parent/Guardian Signature: _____ Date: _____

Nurse Signature: _____ Date: _____