


## Adolescent Sporting Injuries

### Common non-traumatic Injuries

Severs Disease	Osgood Sclatters
<b>Symptoms:</b> <ul style="list-style-type: none"> <li>• Pain when weight bearing, running or jumping</li> <li>• Tenderness on the heel</li> <li>• Limping at the end of physical activity</li> <li>• Pain when playing sport</li> </ul>	<b>Symptoms:</b> <ul style="list-style-type: none"> <li>• Pain at the front of the knee</li> <li>• Increased pain with physical activity and sport</li> <li>• Some cases will show a bony mass on the knee below the knee cap</li> <li>• Tight quadricep muscle</li> </ul>
<b>Advice:</b> <ul style="list-style-type: none"> <li>• Use ice on the front of the knee or behind the ankle after activity</li> <li>• Limit sporting activities for 6-8 weeks and perform rehabilitation prior to returning</li> <li>• Come off during the game when pain increases or ice on halftime</li> <li>• Seek physiotherapy treatment if pain persists</li> </ul>	
<b>Exercise:</b> 	<b>Exercise:</b> 

**Contact ALHACARE for a personalised assessment and treatment.**



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