



OSGOOD SCHLATTER

THE TOP 5 EXERCISES

Osgood Schlatter (OSD) is a common disease affecting active adolescents. All exercises are designed to reduce pain instantly, but also to get rid of Osgood Schlatter in the long term. The fact that exercises help is scientifically proven. We as experienced physiotherapists carefully selected these exercises for you with the following goals in mind:

- Get rid of your knee pain
- Cure Osgood Schlatter as fast as possible
- Stay fit in the long term

All exercises should be performed pain-free. If you feel like they are reducing your pain repeat them many times a day. Doing exercises regularly is one of two key elements you should follow to treat Osgood Schlatter's Disease. The other one is modifying your sporting activities, so you can move without having too much pain.

If you want to learn more about how to treat OSD download our "Osgood Schlatter App".

Notice: If you want to watch how the exercise is done correctly, scan or click the QR code.



THE QUAD RELEASE

Hold for: 2 min

2x a day

Watch exercise:



Foam rolling can improve your knee pain instantly.

Lie on your stomach and slowly roll back and forth by pulling through your forearm. See if you find some tender spots, then stay there for a couple seconds.



THE COUCH STRETCH

Hold for: 1 min

Repeat:
many times a day

Watch exercise:



This stretch should be performed to get rid of Osgood Schlatters in the long run.

You can do this exercise with your foot on a couch, chair, or against the wall. Place your affected knee against a chair. Now squeeze your glute on that side.



ISO-QUAD

Hold for: 45 seconds

Repeat: up to 5 times

3x a day

Watch exercise:



A great and simple way to strengthen your thigh muscles and to cure OSD!

To start sit upright in a chair. Now pull yourself into the chair and straighten your knee against an immovable object. A strong muscle contraction must happen in the quad muscle. Hold that contraction without increasing your pain!



BRIDGING

Repeat: 20-30 times

Repeat: 2x a day

Watch exercise:



The cool thing is that if you bend your knee, the front of your thigh will be stretched.

Lie on your back and place your knees at a 90° angle. Now drive your heels into the ground and pull them towards you. Lift your hips towards the ceiling. Contract your glutes at the top and then slowly return to the ground.



THE WALL-SIT

**Hold for:
as long as you can**

Repeat: 1x a day

Watch exercise:



A good way to build strength and to help with a fast recovery.

Sit with your back against the wall. Now go as low as your knee will tolerate without having any pain. Then, lean your upper body forward whilst keeping your chest up proudly. Now push your bottom into the wall as strongly as possible.

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