

Therapeutic Taping for Osgood-Schlatter Disease

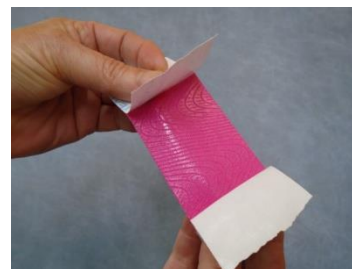
Physiotherapy Service

Osgood-schlatters is a common condition which can often occur during growth spurts when bones, muscles and tendons are changing rapidly. It involves inflammation of the area just below the knee where the patellar tendon attaches to the shin bone (tibia). The following therapeutic taping technique can help to improve pain and provide support to the knee. This will be discussed and demonstrated to you by your physiotherapist.

1. Begin by cutting a strip as determined initially by your physio, rounding off the corners.



2. Tear along the backing paper in the middle of the strip, folding back the edges to within 3cm of the end.



3. Bend the knee slightly. Holding both ends of the strip, stretch the tape by 50-75% and place below the kneecap, applying inward pressure. Before laying down the ends with no tension, move the knee into 90 degrees flexion. Rub finished taping with a piece of backing paper to activate the adhesive.



4. Completed therapeutic taping for Osgood Schlatters.

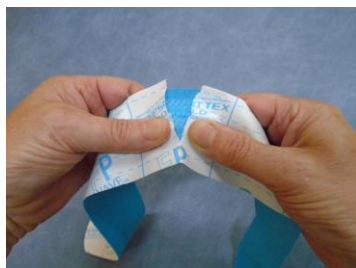


If you require increased support, then the following technique can be used:

1. Begin by cutting a strip two times the length of the thigh, or as determined by your physiotherapist, rounding off the corners.



2. Tear along the middle of the backing paper, folding back the edges.



3. Have knee straight or in standing. Holding the tape where it is folded back, stretch fully and place below the kneecap.



4. Bend the knee to 45 degrees and apply the tape with moderate tension - approximately 50% - to either side of the knee. Bend the knee to 90 degrees and lay down each strip of tape either side of the thigh with paper off tension. Lay down the ends of the tape with no tension. Rub finished taping with a piece of backing paper to activate the adhesive.



5. Completed therapeutic taping for Osgood Schlatters.



Therapeutic taping techniques should be used as advised and directed by your physiotherapist. If you have any concerns or you are unsure regarding use of therapeutic tape then please contact your physiotherapist on the details provided:

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