

## **Health 8 – Growth and Development Unit**

# **Osgood-Schlatter Disease**

1. What Is Osgood-Schlatter Disease?
2. What is a “growth spurt”?
3. Who most commonly suffers from OSD?
4. Which activities have been most common for OSD to occur?

5. List the signs and symptoms of OSD.

6. What do Doctors do when they think someone has OSD?

7. List three things an athlete with OSD can do to reduce the pain.