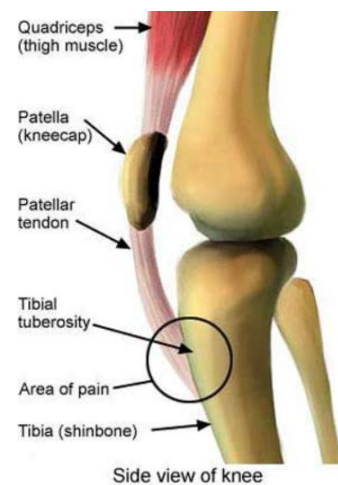


Osgood-Schlatter

Osgood-Schlatter is defined by a characteristic soreness and swelling at the tibial tuberosity. It usually originates in those between the ages of 10 and 15 who are both physically active and in a “growth spurt.” If unresolved it can be painful, of long duration, and have permanent detrimental effects both on the bone, as well as on a young athlete’s potential for both immediate performance and future college scholarships.

A recent Finnish study found that 13% of the teenagers of that country had symptoms of Osgood-Schlatter Disease. The disease was named after two physicians who defined it in 1903, Dr. Robert Osgood and Dr. Carl Schlatter. Currently there are over 25 million children in the United States of America who are in the susceptible age group. With over half of them engaging in some athletic activity, it is possible that 2 million American boys and girls may contract OS yearly. The condition is probably caused by the powerful quadriceps muscle pulling on the attachment point of the patellar tendon during running activities such as soccer, basketball, track and other sports. Once found mainly in boys, it now happens almost as frequently in girls.



With the recent triumphs of the U.S. Women’s Soccer team, it afflicts many young ladies who emulate their heroines on the soccer field. One California youth soccer coach has been teaching the physical and mental aspects of the game since 1985. He has had talented teams that have won regional, area and sectional honors. On almost every team there have been two or more players that suffered the pain of OS. After losing a State Championship because his OS afflicted center midfielder couldn’t play. He searched for and found an answer for the disease. For over fifteen years he has used a simple, safe and reliable formula of two nutrients that has never failed to reduce or eliminate the symptoms of OS in his players.