

# Don't let Sinding-Larsen-Johnass

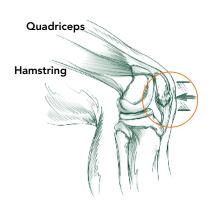
Children's Healthcare of Atlanta treats a variety of knee injuries and disorders in young athletes to get them back in the game. Sinding-Larsen-Johansson (SLJ) disease is a common knee condition in young athletes who are still growing.

SLJ disease occurs at the bottom of the knee cap (patella) where the tendon from shin bone (tibia) attaches. The repetitive pulling of the tendon from running and jumping can sometimes produce pain, tenderness and swelling (inflammation). If the layer covering the bone, called the periosteum, becomes inflamed, it will begin to lay down more bone to reinforce the site.

SLJ disease most commonly affects young athletes participating in sports like:

- Basketball
- Football
- Volleyball
- Soccer
- Tennis
- Figure skating
- Gymnastics

In adults and occasionally young athletes, only tendon inflammation occurs. This is referred to as "jumper's knee"— a common problem, particularly in basketball players.



## on disease slow them down

#### What we can do

Our Sports Medicine Program has physical therapists that are trained in helping young athletes that are injured, want to prevent injury or want to enhance their performance. Pediatric-trained and sports-certified therapists can teach young athletes proper jumping and landing techniques and exercises to stretch and strengthen the quadriceps and hamstrings.

X-rays may be used to rule out other causes of knee pain. Our radiologists base the amount of radiation needed on each child's size and condition. This keeps exposure as low as possible.

## What you can do

As with many orthopaedic aches and pains related to overuse, SLJ can be relieved by resting from athletic activities that are increasing the pain and a combination of other treatments, including:

- Ice-Applying ice immediately after a workout can be an effective anti-inflammatory treatment.
- Medicine–Nonsteroidal anti-inflammatory drugs
  (NSAIDs) can be another effective treatment. Your
  doctor may suggest an over-the-counter medicine, such
  as ibuprofen (Motrin, Advil) or naproxen (Aleve), or may
  prescribe medicine. Take as directed.
- Bracing–Knee braces are often helpful and available through doctors, physical therapists, pharmacists and sporting good stores. The fit and comfort of the brace are the most important considerations.





### Visit choa.org/sportsmed for more information.





choa.org/sportsmed

Some physicians and affiliated healthcare professionals who perform services at Children's Healthcare of Atlanta are independent providers and are not our employees.

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.