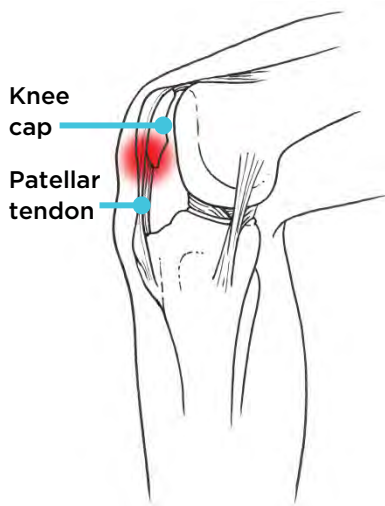


Sinding-Larsen-Johansson Syndrome



Your child is diagnosed with Sinding-Larsen-Johansson syndrome. This is an irritation of the growth plate at the bottom of the kneecap. The thigh muscles and tendon can become very tight and cause stress on the kneecap. This can occur during growth spurts or overuse from running, jumping or squatting.

Symptoms include:

- Pain or swelling at the front of the knee near the bottom of the kneecap
- Pain with activity (especially running or jumping)
- Pain with bending the knee
- Soreness in the knee with long periods of sitting
- A bump on the bottom of the kneecap
- Increased pain with kneeling

Common treatments include:

- Rest
- Ice
- Bracing or taping the knee
- Stretching or strengthening exercises
- Referral to physical therapy

Your child should avoid deep knee bends, squats, jumping, running and any activity causing pain.

Early exercises for knee pain

Begin the following exercises until your child's appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises. These exercise pictures may use a nylon belt, but your child may use a towel at home.

To Learn More

- Sports Physical Therapy
206-987-6400
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Sinding-Larsen-Johansson Syndrome

Quad stretch

1. Lie down on stomach.
2. Pull one foot toward the buttocks until a stretch is felt in the front of the thigh.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



Straight leg raise

1. Lie on back with one leg bent and the other leg straight.
2. Lift up the straight leg to thigh level of the other leg, then lower it back down.
3. Repeat on the other leg.

Do 2 sets of 10 leg raises with each leg.



Clamshells

1. Lie on side with knees bent and feet together.
2. Lift the top knee up, then lower back down to starting position.
3. Repeat on the other leg.

Do 2 sets of 10 clamshells on each side.

