

## **Overview**

This is a rare condition often affecting children and adolescents where parts of the knee become painful for a variety of reasons.

Many GPs, physiotherapists and allied health professionals are very happy diagnosing these conditions in young people. The outlook is usually very good, as these conditions get better by themselves. Usually treatment of the symptoms is all that is required. This can be for a few years however, whilst the adolescent finishes growth for example.

It is very unusual except in certain circumstances where there is a complication of osteochondritis, that surgery is required to deal with the complication (eg. Formation of a loose body in the knee).

If you would like to arrange a consultation or just need an informal chat, please contact me at:

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