Apophyseal injuries: not the self-limiting condition we once thought?

Long-term outcome of conservatively treated lower limb apophysitis in children and adolescents: a systematic review

INTRODUCTION
Children with activity-related pain around the tendon insertion site.
Course of apophysitis correlated with gradual closure of the growth plate or long-term consequences?

METHODS
- Osgood-Schlatter, Sever’s or Sinding-Larsen-Johansson disease.
- Included 12 studies: > 1y follow-up.
- MEDLINE, EMBASE, Cochrane CENTRAL, PEDro and SPORTdiscus.

RESULTS
OSD
- Pain or discomfort: 27% (142/520) (fig 1).
- Prominent tibial tuberosity limiting sport participation: 21% (74/343) (fig 2).
- Lower functional outcome.
- Usually full return to sport (fig 3).
- Positive influence of conservative treatment.
- Relapse: 12% (36/299) (fig 4).

SD
- Pain when active at their level: 30% (12/40).
- Relapse: 15% (6/40).

SLJD
- No studies.

LIMITATIONS
- Lack of high-quality research studies.
- High risk of bias in studies on OSD.

DISCUSSION
- Early implementation of conservative treatment improves prognosis.
- Need for closer prolonged follow-up.
- At risk for developing tendinopathy.

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