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WHAT IT TAKES TO...

Grow out of a knee problem

When 14-year-old **James O'Brien** developed Osgood-Schlatter's Disease (OSD) last year, he was in very good company: around 10 per cent of teenagers develop the painful knee problem, including a young Dai Greene. It can happen when the knee is irritated and swollen by a two-punch combo of growth spurts and exercise, causing OSD's characteristic painful bump at the top of the shin. 'Every time I took a stride, it felt as if something was digging into my knees, causing this unbearable pain,' says James. 'I couldn't race.' Boys are more commonly affected than girls, but the good news is that the condition often clears up by itself. In James's case, his NHS physio told him to stop running, advice that James said, 'just made me more depressed'. That's when he turned to the Strickland Protocol: a programme of massage, stretches and a gradual return to training. Pain-free since the third week of Strickland, James is back in top racing form. If you know an athlete under 16 suffering knee pain that worsens with exercise, ask your GP about OSD, or visit osgood-schlatter-disease.com for more info.



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