

Children's Bone and Spine Surgery



Sinding-Larsen-Johansson Syndrome

What is Sinding-Larsen-Johansson Syndrome (SLJ)?

- Sinding-Larsen-Johansson syndrome is characterized by inflammation of the kneecap (patella) at its lowest point in the area of the growth center. This is the site of origin of the patellar tendon.
- Traction at this site is due to the powerful contraction by the Quadriceps muscles.
- Pain and injury are due to repeated stress and vigorous physical activity.

Causes:

- SLJ is caused by a single or repetitive stress or injury to the lower patella that causes inflammation.
- Risks can increase with:
 - Overzealous conditioning routines with running and jumping.
 - Overweight
 - Rapid skeletal growth
 - Poor physical condition including strength and flexibility.

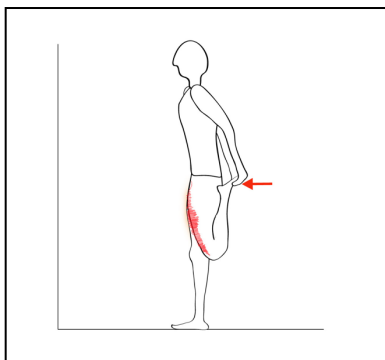
Signs and Symptoms:

- Patients may complain of:
 - Tenderness at the bottom of the kneecap
 - Pain with activity including deep knee bends, squatting, weight lifting.



Treatments:

- Sinding-Larsen-Johansson Syndrome is a self-limiting issue.
 - Activity modifications
 - Rest is beneficial to decrease pain.
- Anti-inflammatory medications can assist with inflammation and pain management.
- Don Joy Reaction brace can be utilized to decrease forces placed on the kneecap.
- Proper quadriceps stretching to decrease tension placed upon the kneecap.
 - Stretching 3-5 times holding for 30 seconds



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