

What is Causing Your Knee Pain? Bursitis? How to tell? (Suprapatellar, Prepatellar, Infrapatellar, or Pes Anserine Bursitis)

Knee bursitis (also known as housemaid's knee or clergyman's knee) occurs when one of the many bursae in the knee become inflamed, swollen, or irritated. A bursa which is a fluid filled sac acts as a cushion or reducer of friction between two body parts (bone and skin or bone and ligament or tendon). When the bursa becomes inflamed, we add the suffix "itis" to make it bursitis. "Itis" means inflammation. Common forms of bursitis in the knee include suprapatellar bursitis, prepatellar bursitis, infrapatellar bursitis, and pes anserine bursitis.

Signs you may have bursitis:

1. Swelling on the front of the knee (above the kneecap, on the kneecap, or below the kneecap)
2. Pain when you push with your fingers on the swollen area.
3. Redness on the swollen area
4. Increased warmth on the swollen area
5. Stiffness in the knee joint. Difficulty bending or straightening the knee
6. Increased pain with kneeling

Causes

1. Trauma-direct blow to the knee
2. Prolonged pressure to the knee (for example kneeling). Common among carpet layers, tile layers, and wrestlers
3. Infection or autoimmune conditions
4. Repetitive movements of the knee (long distant runners) (jumper's knee)



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Drawing of bursae on my knee.

Do you have bursitis in your knee?

1. Have you been kneeling on your knee for a prolonged period?
2. Have you fell on your knee or taken a direct hit to the knee?
3. Have you been performing any repetitive activity (running, jumping, or biking)?
4. Are you swollen in any of the above areas on your knee?
5. Are any of the above areas red, warm, or painful to touch?