

## **How to Treat Knee Bursitis (Suprapatellar, Prepatellar, Infrapatellar, or Pes Anserine Bursitis)**

We will provide some suggestions on how you can treat knee bursitis at home. But the first question that needs to be answered is *“When do you need to see a doctor for knee bursitis?”*

When you have bursitis, we highly suggest seeing a physician to rule out infection, fracture, or autoimmune disease. Infection can be more likely if there is a break or abrasion on the skin over the swollen area on the knee. Also, if you have a knee replacement you will want to see the doctor.

Once you have seen a doctor and it has been determined you do not have an infection but rather some form of knee bursitis you may proceed as follows.

For the first 24-48 hours apply ice to the knee. To prevent ice burn, place a damp towel between the icepack and your skin. Apply the ice pack for 15-20 minutes to the hip every 3 hours (if able). Limit icing sessions to 15-20 minutes to avoid causing tissue damage or irritation to the skin.

If your physician approves you might also take an anti-inflammatory medication such as Ibuprofen.

You can purchase an ice pack or use a bag of frozen vegetables from your freezer. You can make your own cold pack with two-gallon freezer bags, a cup of rubbing alcohol, and 4 cups of water. Put the four cups of water and one cup of rubbing alcohol into one of the freezer bags. Get the excess air out. Place the bag inside the second gallon freezer bag and freeze for several hours. It makes a nice pliable cold pack.

Avoid activities that irritate the bursa of the knee. Prolonged kneeling, repetitive activities (walking, biking, running). If it hurts do not do it.

Infected - Goose foot pes anserine

Suggested exercises:

1. Knee range of motion - bend and extend the leg every half hour if pain-free. If painful use the opposite leg to assist.



## 2. Stretch calf muscles



## 3. Stretch hamstring muscles



4. Stretch quadricep muscles

5.



6. Stretch hip adductors.



Strengthening Exercises:

1. Straight leg raises.



2. Hip abduction



(side lying)

### 3. Hip adduction (side lying)



### 4. Hip extension



(Glute Max Isolation)

### 5. Isometric quadricep over two pillows or folded pillows



6. Isometric hamstring strengthening (heel into floor).



Massage:

Sometimes a bursa gets stuck down with adhesions. This is sometimes the case with the suprapatellar pouch or bursa. Try mobilization with massage or mobilization with a ball or gun.



If the pain increases and increases, stop. But after 30-60 seconds the pain stabilizes or even improves you may continue.