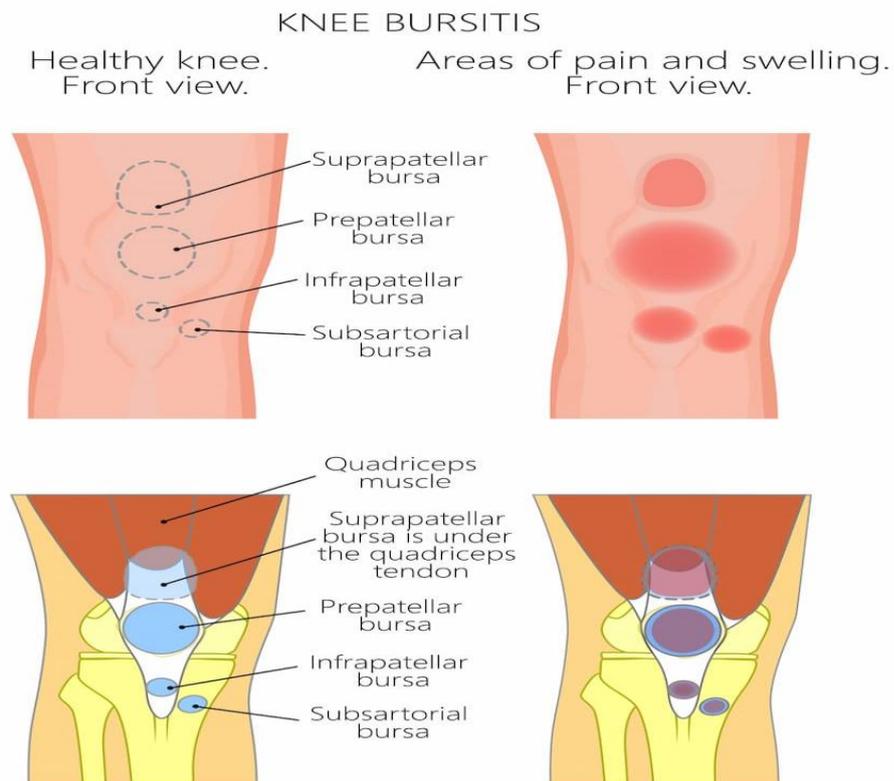


## Knee Bursitis



### What is Knee Bursitis?

Knee bursitis is inflammation of a **bursa**, which is a small fluid-filled sac that cushions and reduces friction between bones, tendons, and muscles around the knee.

### Common types of knee bursitis:

- **Prepatellar bursitis** – front of the knee (“housemaid’s knee”)
- **Infrapatellar bursitis** – just below the kneecap
- **Pes anserine bursitis** – inner side of the knee

## Causes

- **Repeated pressure or friction** – kneeling for long periods
  - **Injury or trauma** – a fall or bump to the knee
  - **Overuse** – sports or repetitive movement
  - **Infection** – sometimes bacteria can infect the bursa (rare)
  - **Other conditions** – arthritis or gout
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## Symptoms

- Swelling around the knee
- Pain, tenderness, or warmth at the affected area
- Pain worsens with movement or pressure
- Sometimes redness or fluid collection
- Limited knee motion if swelling is severe

# KNEE BURSITIS EXERCISES

@HEALTHY\_STREET



Hamstring stretch on wall



Standing calf stretch



Quadriceps stretch



Hip adductor stretch



Heel slide



Quad sets



Straight leg raise

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## Diagnosis

- **Physical examination** by your GP or physiotherapist
- **Imaging** (ultrasound or MRI) if needed to check swelling or rule out other problems
- **Aspiration** may be done if infection is suspected

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## Treatment

Most cases of knee bursitis improve with **conservative treatment**:

### 1. Rest and Activity Modification

- Avoid activities that worsen pain, e.g., kneeling or running on hard surfaces
- Use a knee pad or cushion when kneeling

### 2. Pain Relief

- Ice packs: 10–15 minutes several times a day
- Painkillers or anti-inflammatory medication (as advised by your GP)

### 3. Physiotherapy

- Gentle stretching and strengthening exercises for the knee and surrounding muscles
- Improve biomechanics to reduce stress on the knee

### 4. Other Treatments

- **Aspiration**: removing excess fluid if swelling is significant
- **Corticosteroid injection**: may be used in persistent cases
- **Surgery**: rarely needed, only for chronic or infected bursitis

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## Self-Management Tips

- Avoid prolonged kneeling
- Use cushioned supports if working on the floor
- Gradually return to activity as pain allows
- Elevate the leg and apply ice after activity if swollen

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### When to See Your Doctor

- If the knee becomes **red, hot, or very swollen**
- If you have **fever or signs of infection**
- If pain **does not improve with rest and home treatment**

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### Prognosis

- Most knee bursitis cases improve within **a few weeks** with conservative care
- Recurrence is possible if aggravating activities continue

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### References:

- NHS: Knee bursitis
- British Journal of Sports Medicine: *Guidelines on knee bursitis management*