

Pes Anserine Bursitis

Tenderness and pain along the inside of the knee, roughly two to three inches below that of the knee joint, are common symptoms found in this condition. The pes anserine bursa is a tiny, lubricating sac that is located between the tibia and the three tendons making up the hamstring muscles along the inside part of the knee.

Bursitis occurs when the bursa become inflamed, which usually occurs after the joint is overused or handles continuous friction and stress. The condition tends to be common in athletes, especially those who are runners. People who have osteoarthritis of the knee are also prone to developing the condition. Several different factors play a key role in whether the condition is going to develop.

Pes anserine bursitis is rare, and other knee problems should be ruled out such as a strain or tear to the medial collateral ligament, or a medial meniscus tear.

Pes Anserine Bursitis Anatomy

The knee is one of the biggest and most complex of all joints found in the body. It joins the shin bone and the thigh bone together. The smaller bone running alongside of the tibia and the kneecap are the two other bones that complete the knee joint. Tendons keep the leg muscles and knee bones connected to enable the knee joint to move. Ligaments join all of the knee bones and deliver stability to the knee.

The anterior cruciate ligament is the one that prevents the femur from sliding backward along the tibia. The medial and lateral collateral ligaments make sure the femur doesn't slide from one side to the other. It is the posterior cruciate ligament that prevents the femur from sliding forward along the tibia.

How to Treat Pes Anserine Bursitis:

1. Ice

Apply ice to the affected area for 5-10 minutes at a time three to five times per day. Make sure to wrap the ice in a thin towel so as to avoid any ice burns on the skin. Ice is one of the most effective ways to treat bursitis, but it needs to be used consistently every day and it can take a few weeks.

2. Rest

Take time to rest from any activities that are causing pain in the knee. Either discontinue the activities entirely, or you can find something that is an acceptable substitute. Start by reducing the time you do the sport, the frequency of the sport, or the intensity, and see if that helps.

3. Injections

A solution of steroids and anesthetic might be injected into the bursa to help provide you with immediate relief. This is another very effective way to treat bursitis.

4. Biomechanical Assessment

A podiatrist or physical therapist may look at your lower limbs to determine if there is an alignment problem in the legs. Changing the position of the feet might reduce pressure on the knee. You may need to consider orthotics or inserts into your shoes, or just do exercises as advised by your practitioner.

Tips:

- For those who are overweight, the best thing you can do is lose a few pounds and get to your ideal weight. Any excess weight cause additional pressure and stress on the knee and its components, which aggravates the bursa inside of it.
- When it comes time to exercise or training, make sure and take the time to warm-up properly before going all out.
- Tight hamstrings or quadriceps can alter the biomechanics of the knee. Make sure to stretch to maintain flexibility and movement, and ask your therapist for exercises to help.
- If you start noticing pain on the inside part of the knee, roughly two to three inches below the joint of the knee, you will want to have the condition checked out by a medical professional to rule out other knee pathologies.
- For those who already have osteoarthritis of the knee, you are more likely to get this condition.