

Prepatellar Bursitis

Carpet layers, plumbers and various other individuals who spend a great deal of time on their knees may end up experiencing a swelling in the front part of the knee. The continual friction will end up irritating the bursa, which is located on the front part of the kneecap. The bursa allows the kneecap to move smoothly underneath of the skin. If the bursa were to become inflamed, it will fill with fluid and cause swelling along the top part of the knee.

Prepatellar bursitis is commonly known as housemaid's knee due to the high prevalence in people who kneel a lot. The pressure from the ground pushing the knee cap into the bursa. If this is repeated often enough, it can cause inflammation in the bursa (known as bursitis).

Prepatellar 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 Prepatellar 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 to prevent any ice burn from occurring. The ice will help to reduce swelling significantly if you rest the knee at the same time.



2. Rest

If you find that a certain activity is causing you a lot of pain and discomfort, refrain from participating in that activity. Allow the knee the time it needs to heal from the bursitis. Avoid kneeling and avoid sitting in seats with minimal leg room.

3. Therapy

Seek help from a manual therapist who will mobilize the knee cap, reduce inflammation and swelling, and prescribe exercises to help you rehabilitate.

4. Medication

Taking an anti-inflammatory medication can help to alleviate a lot of the pain and inflammation in the affected knee. If medication and therapy are not working, you may need to consider a corticosteroid injection.

5. Elevation

If you are sitting down and resting, twice per day try to elevate your leg. This can help reduce knee swelling.

6. Draining the Bursa

If you have a significant amount of swelling, it might be necessary to drain the bursa using a needle. Chronic swelling causing disability can also be treated by draining the bursa. If the swelling continues, you might have to have the bursa surgically removed.

Tips:

- If you are going to work on your knees, consider wearing kneepads to prevent undue strain and pressure on the patella.
- For those participating in contact sports like basketball, football and wrestling, make sure you wear the proper sporting equipment to make sure you are properly protected.
- After working out, apply ice to the knees and elevate them to allow them time to rest.
- Try switching activities regularly to avoid placing a continual amount of stress on the knees.
- Rest the knees regularly by taking the time to stop and stretch the legs.