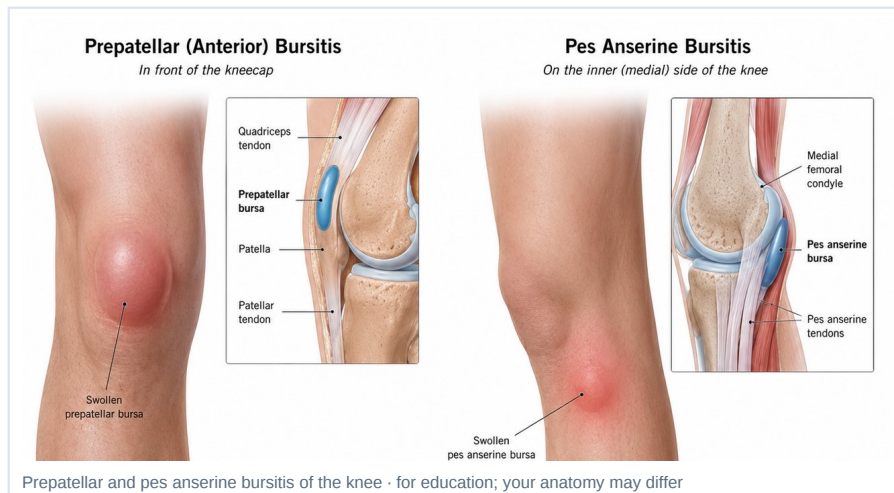


KNEE CONDITION

Knee Bursitis

Prepatellar & Pes Anserine Bursitis — Patient Condition Guide



OVERVIEW

Bursae are small lubricating sacs around the knee. The two that most often cause trouble are the prepatellar bursa in front of the kneecap ('housemaid's knee' — common with kneeling work) and the pes anserine bursa on the inner shin below the joint line, which flares with overuse, tight hamstrings, and arthritis.

SYMPTOMS

- Prepatellar: a visible, squishy swelling directly in front of the kneecap, sore with kneeling
- Pes anserine: tenderness on the inner shin 2–3 inches below the joint line, worse with stairs and at night
- Warmth or redness — if marked, seek care promptly to exclude infection

DIAGNOSIS

The diagnosis is usually evident on exam. If the bursa is red, hot, or the patient is unwell, fluid may be drawn to exclude infection. X-rays exclude other causes; imaging is otherwise rarely needed.

TREATMENT OPTIONS

Non-infected bursitis is treated with activity modification (knee pads for kneeling work), ice, anti-inflammatories, hamstring stretching and strengthening for pes anserine cases, and aspiration or a corticosteroid injection when persistent. Infected bursitis requires drainage and antibiotics. Surgical removal of a chronically thickened bursa is rarely necessary.

RECOVERY OUTLOOK

Most cases settle in 2–6 weeks with simple measures. Recurrences are common in kneeling occupations — protective pads are the best prevention.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/knee-bursitis.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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HOME EXERCISE PROGRAM

Knee Bursitis: Exercises & Strengthening

Gentle motion and flexibility while the bursa settles; hamstring stretching is especially important for pes anserine bursitis.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, swelling, numbness, or symptoms that worsen into the next day. This general program does not replace an individualized plan from Dr. Pettit or your physical therapist.



Quad Set

10-second holds x 10, 2 sets daily

Sitting or lying with the leg straight, tighten the muscle on top of the thigh, pressing the back of the knee toward the floor. Hold, then relax.



Hamstring Stretch

3 x 30-second holds, daily

Seated with the leg straight, hinge forward from the hips until a stretch is felt behind the thigh. Keep the back long.



Glute Bridge

3 sets of 12, daily

On your back with knees bent, squeeze the buttocks and lift the hips until the body forms a straight line, then lower slowly.



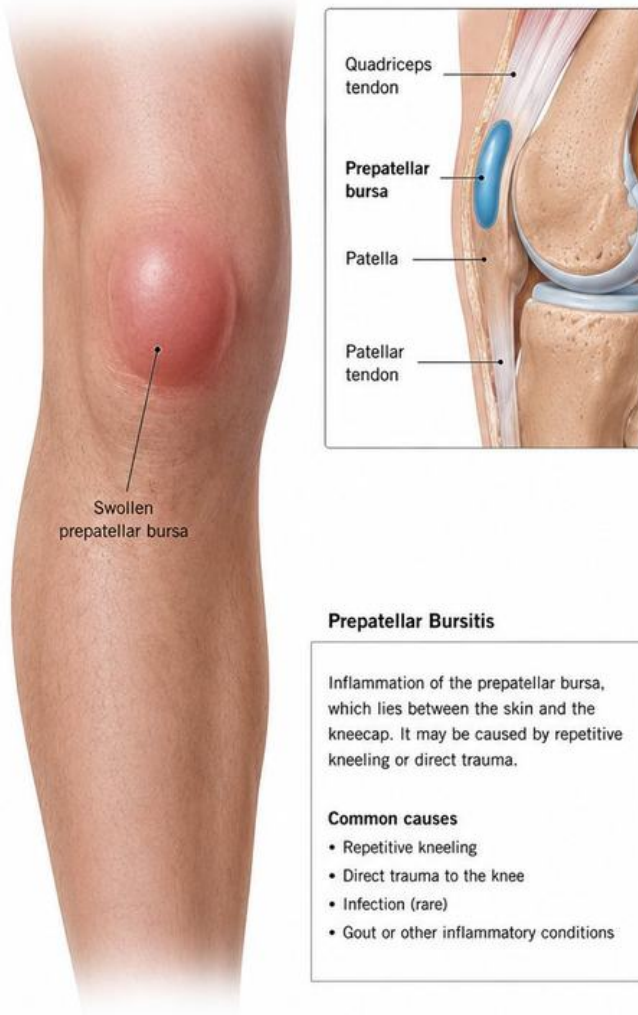
Knee Flexion & Extension

10 reps, 2-3 times daily

Seated, slowly bend the knee as far as comfortable, then straighten fully. Move through a pain-free range.

Prepatellar (Anterior) Bursitis

In front of the kneecap



Prepatellar Bursitis

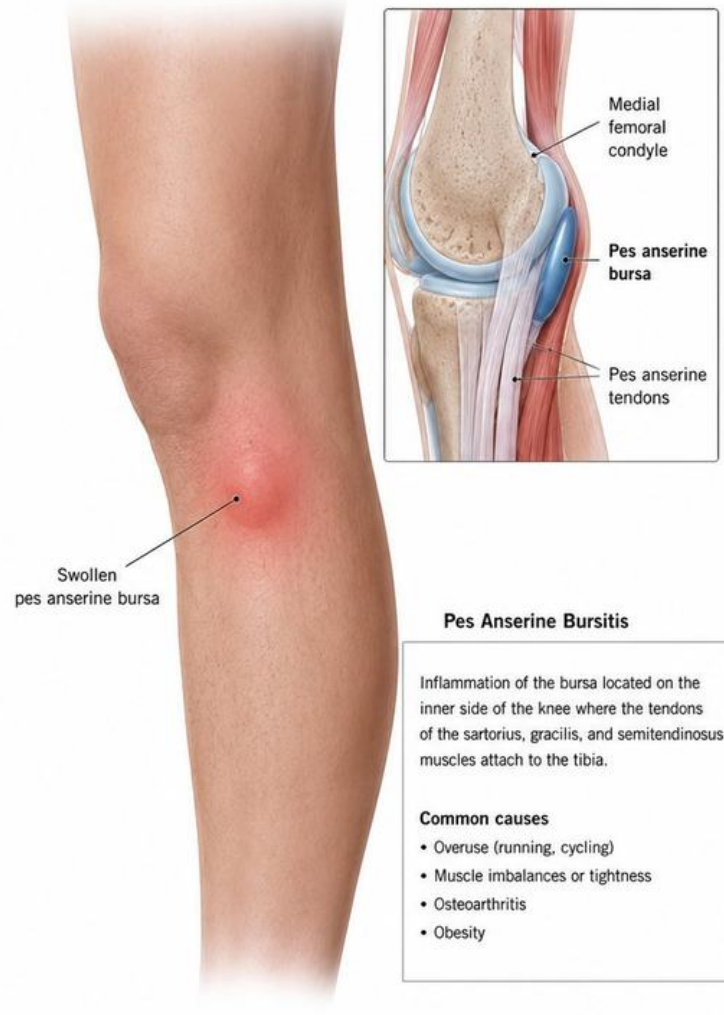
Inflammation of the prepatellar bursa, which lies between the skin and the kneecap. It may be caused by repetitive kneeling or direct trauma.

Common causes

- Repetitive kneeling
- Direct trauma to the knee
- Infection (rare)
- Gout or other inflammatory conditions

Pes Anserine Bursitis

On the inner (medial) side of the knee



Pes Anserine Bursitis

Inflammation of the bursa located on the inner side of the knee where the tendons of the sartorius, gracilis, and semitendinosus muscles attach to the tibia.

Common causes

- Overuse (running, cycling)
- Muscle imbalances or tightness
- Osteoarthritis
- Obesity