

Pes Anserine Bursitis

Diagnosis Explanation:

Pes anserine bursitis is **inflammation of the pes anserine bursa**, a fluid-filled sac located **on the inner side of the knee**, just below the joint. This condition is common in **runners, athletes, and people with osteoarthritis**. It results from **overuse, repetitive knee stress, muscle tightness, or improper biomechanics**. Symptoms include **pain, tenderness, and swelling on the inner knee**, especially when **climbing stairs, squatting, or after prolonged activity**.

Specific Work Modifications:

- **If your job requires standing or walking:** Take **frequent seated breaks** and wear **shock-absorbing footwear**.
- **If your job involves lifting:** Avoid **deep knee bending or twisting motions**; use proper body mechanics.
- **If your job is desk-based:** Keep your knee **elevated** when sitting and perform **gentle mobility exercises** throughout the day.
- **Avoid:** Prolonged standing, kneeling, deep squats, and repetitive stair climbing.

Specific Activity Modifications:

- **If you run or play sports:** Reduce **high-impact activities** and switch to **swimming or cycling**.
- **If you hike:** Use **trekking poles** and avoid steep inclines or rocky terrain.
- **If you do weightlifting:** Avoid **deep squats, lunges, and leg presses**; focus on **controlled quad and hip strengthening**.
- **Avoid:** Jumping, pivoting, running on hard surfaces, and any movement that worsens pain.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for soft tissue repair.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint and cartilage support.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Vitamin C** - 500mg daily to promote collagen synthesis.
- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support tissue healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.

- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to minimize inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support tissue hydration and recovery.

Home Exercise Prescription (Rehabilitation for Pes Anserine Bursitis)

Early Phase (0-2 Weeks, Reducing Pain & Swelling):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression (brace or knee sleeve), Elevation.
- **Quadriceps Sets** - Tighten thigh muscle, hold for 5 seconds, repeat **10 reps, 3x/day**.
- **Hamstring Stretch** - Sit with one leg extended, reach for toes, **hold 20 seconds, 3x/day**.
- **Inner Thigh Stretch** - Sit with soles of feet together, gently press knees downward, **hold 20 seconds, 3x/day**.

Strengthening Phase (2-6 Weeks, Regaining Strength & Control):

- **Straight Leg Raises** - Keep knee straight, lift leg, hold for 5 seconds, repeat **10 reps, 2x/day**.
- **Clamshells (Hip Strengthening)** - Lie on your side, open and close knees, **10 reps, 2x/day**.
- **Mini Squats (No Deep Bending)** - Slight knee bends while keeping weight on heels, **10 reps, 2x/day**.
- **Glute Bridges** - Lie on back, lift hips while keeping knees bent, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Improving Stability & Return to Activity):

- **Step-Ups** - Step onto a low platform, push through the heel, repeat **10 reps, 2x/day**.
- **Stationary Cycling** - Low resistance for **10-15 minutes/day** to maintain knee mobility.
- **Balance Exercises** - Stand on injured leg for **10-20 seconds**, increase as tolerated.

Helpful Books:

1. *The Knee Injury Bible: Everything You Need to Know About Knee Pain, Prevention, and Treatment* - Kevin R. Stone, MD.
2. *Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It* - Robert Klapper, MD, and Lynda Huey.

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Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.