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Knee Tendon Bursitis

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Pain and tenderness on the inside of your knee, approximately 2 to 3 inches below the joint, are symptoms of pes anserine bursitis of the knee.

Anatomy

The pes anserine bursa is a small lubricating sac located between the shinbone (tibia) and three tendons of the hamstrings muscle at the inside of the knee.



Location of pes anserine bursitis

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Cause

Bursitis, an inflammation of a bursa, usually develops as the result of overuse or constant friction and stress on the bursa. Pes anserine bursitis is common in athletes, particularly runners. People with osteoarthritis of the knee are also susceptible.

Several factors can contribute to the development of pes anserine bursitis, including:

- Incorrect training techniques, such as neglecting to stretch, doing excessive hill running, and sudden increases in mileage
- Tight hamstring muscles
- Obesity
- An out-turning of the knee or lower leg
- Osteoarthritis in the knee
- Medial meniscus tear

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Symptoms

The symptoms of pes anserine bursitis include:

- Pain slowly developing on the inside of your knee and/or in the center of the shinbone, approximately 2 to 3 inches below the knee joint.
- Pain increasing with exercise or climbing stairs

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Doctor Examination

Your doctor will examine your knee and talk to you about your symptoms.

Symptoms of pes anserine bursitis may mimic those of a stress fracture, so an x-ray is usually required for diagnosis.

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Treatment

Athletes with pes anserine bursitis should take steps to modify their workout program so that the inflammation does not recur. Other treatments include:

Rest. Discontinue the activity or substitute a different activity until the bursitis clears up.

Ice. Apply ice at regular intervals three or four times a day for 20 minutes at a time.

Anti-inflammatory medication. Aspirin, nonsteroidal anti-inflammatory medication (such as ibuprofen), or acetaminophen may ease the pain and reduce the inflammation.

Injection. Your doctor may inject a solution of anesthetic and steroid into the bursa, which often provides prompt relief.

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Last reviewed: August 2008

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