

Knee (Patellar) Bursitis

What is it?

Knee bursitis causes pain above, on top of and below the kneecap (patella). Bursa are small fluid filled sacs and allow tendons, muscles, and skin to slide over bony surfaces without causing damage, essentially helping to reduce friction in joints. However, when subjected to constant irritation they can become swollen and inflamed which is known as bursitis. There are numerous bursa located within the knee joint complex however, three main bursa which are usual culprits of pain are the pre-patellar bursa, infra-patellar bursa and deep infra-patellar bursa.

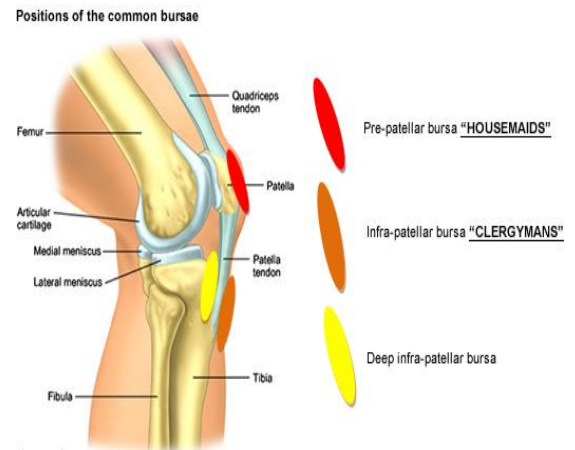
Why did I get it?

Patellar Bursitis can be caused by many factors and is most commonly seen in the active middle-aged population (women > men). Most patients with the condition can often present with many of the following risk factors

- Direct trauma
- Frequent falls
- Constant pressure over the knee joint (i.e. kneeling or prolong periods of activity)
- Poor biomechanics
- Knee arthritis

Symptoms:

- A swelling over, above or below the kneecap.
- Limited motion of the knee.
- Redness and warmth at the site of the bursa.
- Painful movement of the knee.



How is it diagnosed?

A thorough history and clinical examination will generally be sufficient for the diagnosis of Bursitis. You will more than likely be referred for an ultrasound for confirmation to rule out further pathology.

Possible treatments:

- Rest & Ice
- Padding/strapping
- Custom insoles
- Footwear advice
- Biomechanical correction
- Corticosteroid injections

Prognosis:

Providing patient compliance, most patients respond well to conservative treatment options. Corticosteroid injections are often used as the last resort for non-responsive cases and can produce successful outcomes.