

Inner Knee Pain (Pes Anserine Bursitis)

Home exercise program

Pes anserine bursitis causes pain on the inner side of the knee, just below the joint. It often happens along with knee arthritis. Stretching and strengthening the muscles around the knee usually settles it within a few weeks.

- Sleep with a pillow between your knees.
- Avoid crossing your legs.
- Ice the sore spot 20 minutes after activity.
- Do the exercises once a day, 5 days a week.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM



Hamstring Stretch with Strap

Lie on your back with a strap around one foot. Pull the leg up with the knee straight until you feel a stretch behind your thigh. Hold.

Do: Hold 30 seconds, 3 times each side



Standing Quad Stretch

Hold a counter. Pull your heel toward your buttock with your knees side by side. Hold.

Do: Hold 30 seconds, 3 times each side



Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Sit to Stand

Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Mini Squat

Hold a counter, feet hip-width apart. Push your hips back and bend your knees a little, like starting to sit. Stand back up.

Do: 15 reps x 2 sets

Go only as low as is comfortable. Keep your knees over your toes.



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher as you get stronger.



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 20 minutes, most days

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.