

# HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body



## Knee Bursitis



There are 5 major bursa in the knee. (see picture)

Bursa's are fluid filled sacs that pad areas where tendons rub over bone. They help protect the tendons of the knee from blunt trauma and friction, but can often become injured themselves in doing so. Bursitis can result from prolonged kneeling, repetitive motions (running) or from bumping the knee. When a bursa is injured it will commonly swell up; swelling can vary to mild to severe.

As the bursa swells it will be accompanied with pain, redness and warmth resulting in some loss of motion/strength and use. Treatment consists of controlling the inflammation and restoring motion/function of the leg. If swelling is severe physicians may "drain" the fluid from the knee which can immediately decrease that pain that was being caused by the pressure. To decrease your chances of bursitis, where knee pads if you do a lot of kneeling, make sure you are stretching well if you are active and that you have good footwear and sport mechanics. If you have had knee pain that has lasted longer than 2 weeks, it is time to get additional help to keep things from getting worse.



### Common Symptoms

- Pain with kneeling
- Stiffness/pain with walking
- Swelling
- Redness
- Tenderness
- Warmth

### SUCCESS STORY

My job requires me to do a lot of kneeling. This caused my knees to hurt and swell up. Therapy resolved my pain and even more important, I learned what I could do to keep it from coming back. Physical Therapy ended up being fast and fun. ~S.K.



### Goals of Physical Therapy

- Education
- Controlling pain/inflammation
- Joint Protection
- Normalizing flexibility and strength of leg
- Assessment of work ergonomics
- Assess athletic body mechanics

If you or someone you know is suffering with pain, call us to learn how Orofino Physical Therapy can help!