



Pes Bursitis

Pes bursitis refers to inflammation of the lubricant sac that protects the hamstring tendons from rubbing against the bone on the inside and below the knee. Three of the muscles on the inside and back of the leg – the sartorius, gracilis, and semitendinosus, coalesce as tendons as they cross the inside of the knee and insert below and in front of the knee. The body naturally protects against friction from tendon motion by secreting fluid in a sac known as a bursa. Despite this, tight hamstrings and overuse may cause increased friction and subsequent irritation surrounding these tendons leading to pain and tenderness.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. Despite treating the inflammation, the problem is only partially solved and may return without properly stretching the tight muscles responsible and modifying any provocative activities.

We have assembled a series of stretches which have proven clinical benefits in treating pes bursitis. Please visit our website www.floridajointcare.com/PT to view our instructional videos created by our surgeons and therapists to correctly perform these stretches at home.

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Home Exercise Program

Follow along with instructional videos on our website www.floridajointcare.com/PT

1. Butterfly stretch – hold for 30 seconds, perform twice daily
2. Seated hamstring stretch – hold for 30 seconds, perform twice daily

* May adjust number of repetitions and number of sets as tolerated.