Bursitis

BODY MECHANICS

What is it?

Inflammation of the bursae of the knee joint in most weight bearing, flexion or extension activities. The knee joint as on average fourteen bursae.

What causes it?

Repetitive pressure or trauma to the bursa. Repetitive friction between the bursa and tendon or bone.

Symptoms

Pain and tenderness. Mild swelling, due to release of fluidnin bursal sac. Pain and stiffness when kneeling or walking downstairs.

Top Tips

Stop activities causing irritation. Use ice packs and anti-inflammatories to manage the pain.

How to Treat it

RICER. Anti-inflammatories

Rehab & Prevention

Strengthening muscles around the knee, will help support the joint and increasing flexibility, relieving some of the pressure exerted by the tendons upon the bursa. Frequent rests when kneeling or crouching to prevent condition. Identify underlying causes such as improper equipment or form.

Definitions

Bursae/Bursal Sac – fluid filled sac found alongside joints to assist with lubrication and absorbing shock

Flexion – movement in the body where the angle between two body parts is decrease

Extension – movement in the body where the angle between two body parts is increased

Tendon – flexible, inelastic band of strong fibrous tissue attaching muscle to bone

RICER – rest, ice, compress, elevate and refer

Associated Conditions

- Medial Collateral Ligament Sprain (MCL)
- Anterior Cruciate Ligament Sprain (ACL)
- Meniscus Tear
- Knee (synovial) Plica
- Osteochondritis Dissecans
- Patellofemoral Pain Syndrome
- Patellar Tendinitis (Jumper's Knee)
- Chondromalacia Patellae (Runner's Knee)
- Subluxing or Dislocating Knee Cap

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com

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