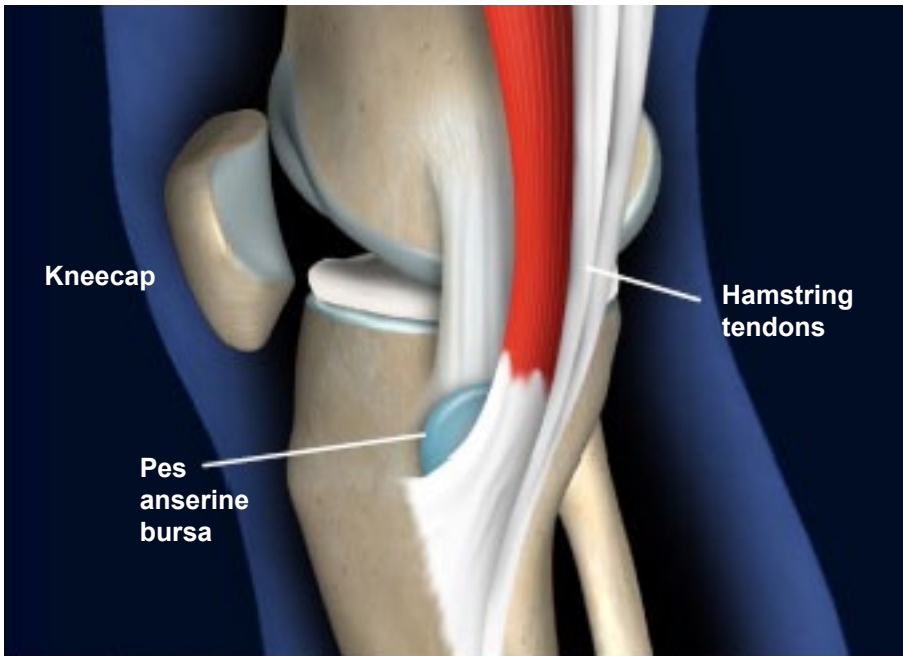


GOOSEFOOT (PES ANSERINE) BURSITIS OF THE KNEE



Overview

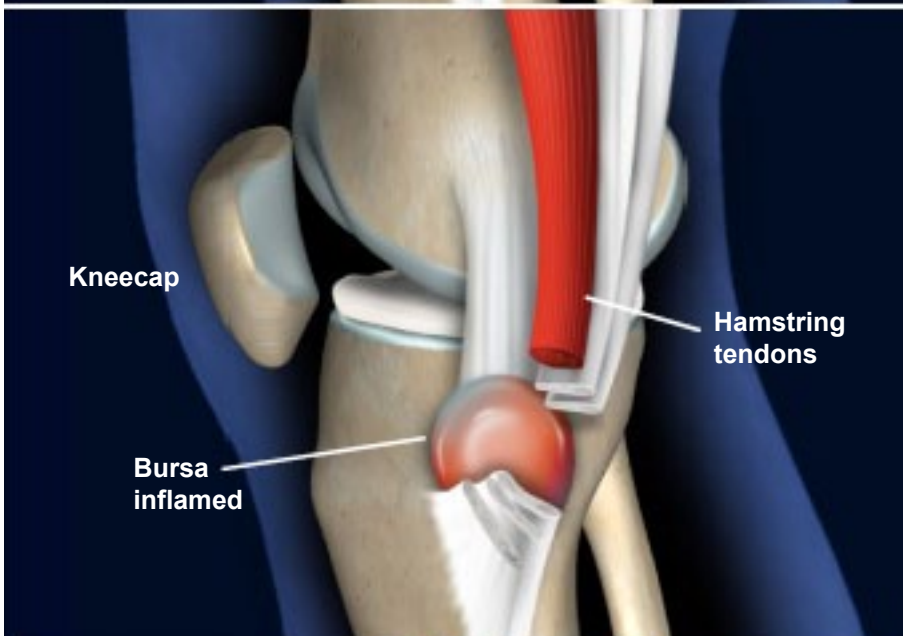
This condition is an inflammation of the pes anserine bursa, a fluid-filled sac between the tibia and the tendons of the hamstring muscle on the inner side of the knee. It can cause pain and restrict motion of the knee.

Causes

Goosefoot bursitis usually develops from overuse or constant friction and stress on the bursa. Athletes who participate in repetitive, high impact activities are particularly susceptible. Osteoarthritis of the knee may also cause goosefoot bursitis.

Symptoms

The most common symptom of goosefoot bursitis is pain that slowly develops on the inside of the knee, about two to three inches below the knee joint. This pain may increase with physical activity. Other symptoms may include swelling and some loss in mobility in the knee.



Treatment

Treatment options include rest, cold compress, anti-inflammatory medications, corticosteroid injections and aspiration of the bursa. Severe cases may require surgery to remove the bursa.



Goosefoot bursitis is most common in athletes who participate in high impact activities.