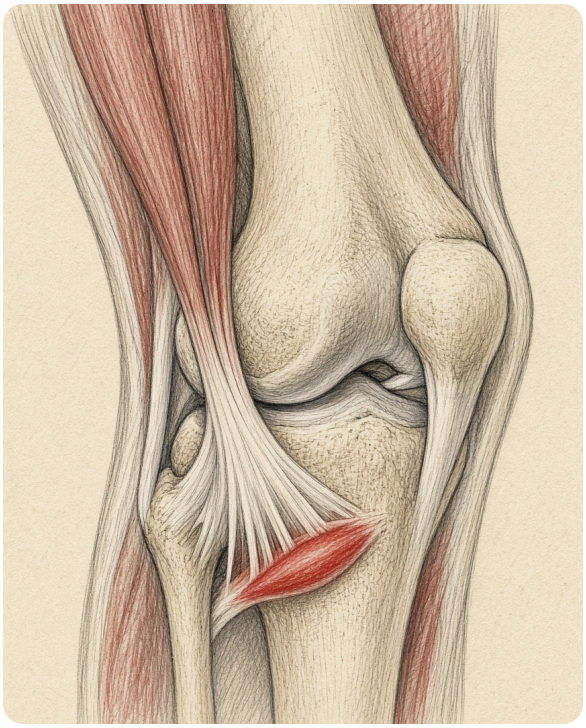
ARMIN PHYSIO



PATIENT GUIDE

Pes Anserine Bursitis

Pain on the inside of your knee? It could be **pes anserine bursitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is pes anserine bursitis?

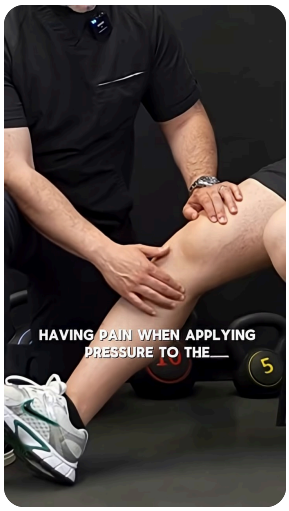
The pes anserine is where three muscle tendons (sartorius, gracilis and semitendinosus) attach on the inside of your shin, just below the knee. A small fluid sac (bursa) sits under them, and when it's irritated it causes pain slightly below the inner knee. If your ligaments and joint have been ruled out, these exercises challenge the three muscles that cross the bursa.

QUICK CHECK

Does this sound like you?

- [ ] Pain on the **inside of the knee**, slightly below the joint
- [ ] Pain when **pressing on the inner side** of the knee
- [ ] Pain on the inside of the knee when **stepping down**
- [ ] Pain there when **resisting** bending the knee
- [ ] Pain with **stairs** or after activity

If you ticked a few boxes, the pes anserine bursa could be irritated. Try the 3 exercises on the next pages.



Pain pressing on the inner knee



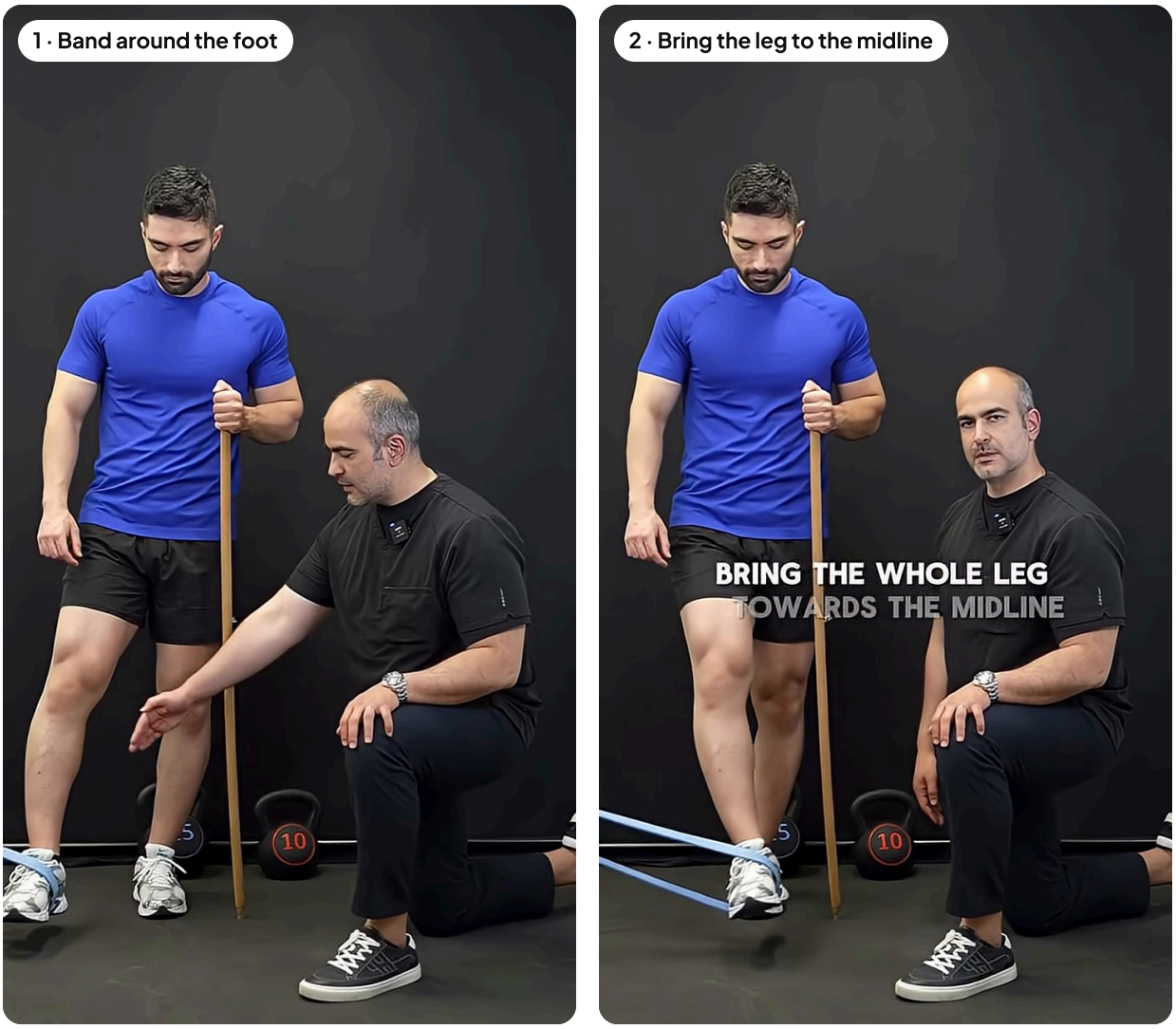
Pain when resisting the motion

YOUR 3 EXERCISES

Try these exercises

1 Banded leg pull-in (adduction)

Strengthens the inner thigh muscles



1. **Loop a band around your foot** (anchored out to the side).
2. Stand tall, holding on to something if you need.
3. **Bring the whole leg towards the midline of the body**.
4. Slowly let it back out and repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Step-down toe tap

Strengthens the knee for stepping down



1. Stand on a step on your affected leg and **hold on to something on the affected side**.
2. **Slowly lower the unaffected side** down.
3. **Just tap the toe** and come right back up.
4. Repeat, exercising the knee.

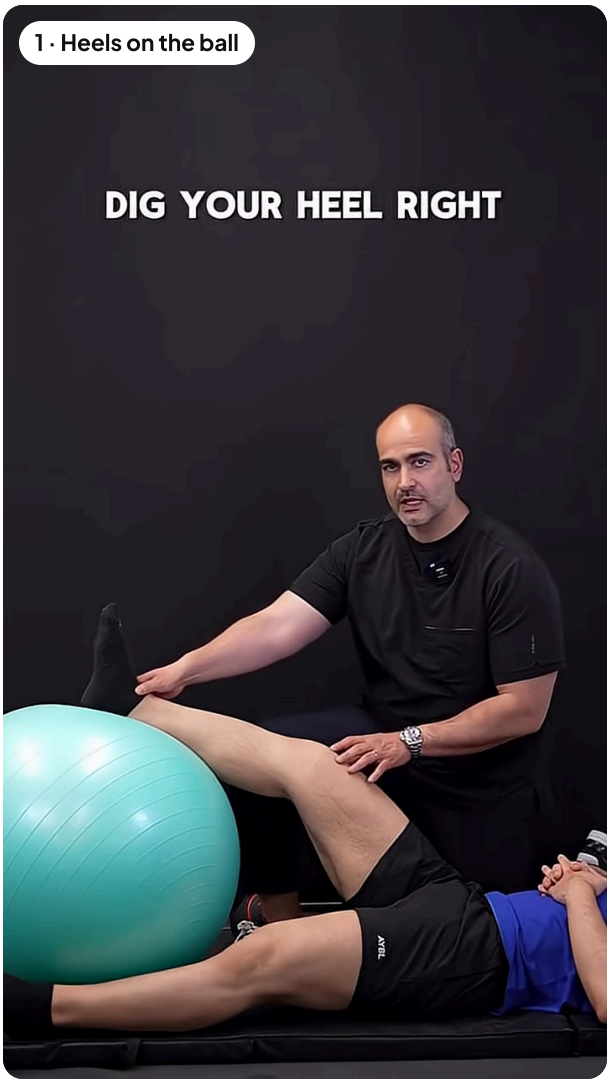
3 sets of 10–15 reps, slow and controlled

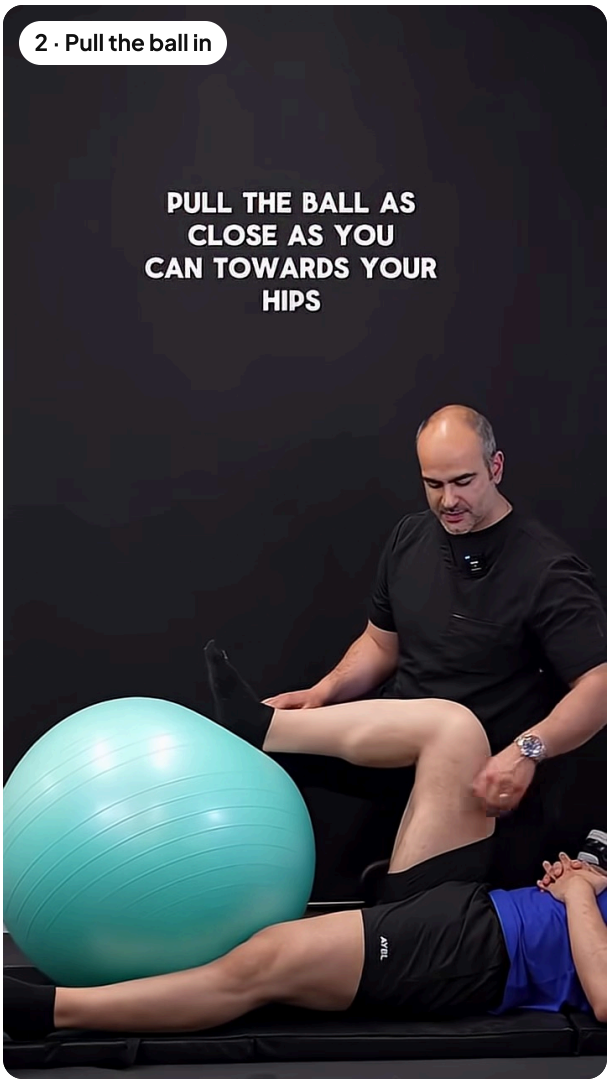
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Ball hamstring curl

Strengthens the hamstrings at the back of the thigh





1. **Lie down flat on your back** with your legs on a ball.
2. **Dig your heels right into the ball.**
3. **Pull the ball as close as you can towards your hips**, working out your hamstrings.
4. **Go right back out** and repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Banded leg pull-in, 3 × 10–15

02
Control
Step-down toe tap, 3 × 10–15

03
Strengthen
Ball hamstring curl, 3 × 10–15

Armin doesn't give sets in this video, so sets, reps and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

Inner-knee pain can also come from the ligament or joint, so get assessed if it isn't improving.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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arminphysio.com

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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