

## Bursitis

Knee bursitis is swelling and inflammation in a small fluid filled sac in or around the knee joint. There are a few bursae around the knee joint, but the most common area of bursitis is in the front of the knee over the kneecap.

Knee bursitis can be caused by:

- Frequent and sustained pressure, such as from kneeling, especially on hard surfaces
- Overuse or strenuous activity
- A direct blow to your knee
- Bacterial infection of the bursa
- Complications from osteoarthritis, rheumatoid arthritis or gout in your knee

### **Treatment**

Initial treatment usually includes rest, ice and anti-inflammatory medications, such as ibuprofen or naproxen. If there is a suspicion of infection, then you may be placed on antibiotic therapy.

If the bursa is very large and swollen, an aspiration may be performed to remove the fluid. Following aspiration you may be instructed to wear a compressive wrap or wear a knee immobilizer to limit knee motion for a short period of time to reduce the chance of recurrent swelling.

If you have severe chronic or recurrent bursitis and do not respond to other treatment, you might need surgery to remove the bursa.