

Ben W. Kittredge, IV, MD
OrthoVirginia

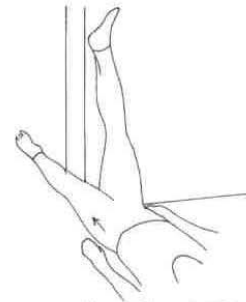
Alexandria Office
(703) 810-5209
2805 Duke Street
Alexandria, Virginia 22314

Springfield Office
(703) 810-5210
6355 Walker Lane, Suite 202
Alexandria, Virginia 22310

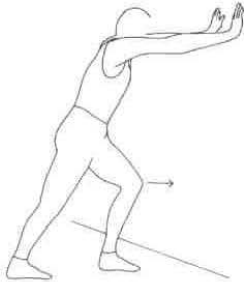
Pes Anserine Bursitis Rehabilitation Exercises

You can stretch your leg right away by doing exercises 1 through 3. Start strengthening your leg by doing exercises 4 through 6.

1. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs on the floor straight out in front of you through the doorway. Raise your injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat 3 times.



Hamstring stretch



Calf stretch

2. Standing calf stretch: Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your foot on your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.



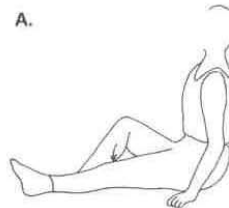
Hip adductor stretch

3. Quadriceps stretch: Stand an arm's length away from a wall, facing straight ahead. Brace yourself by keeping the hand on the uninjured side against the wall. With your other hand, grasp the ankle of the injured leg and pull your heel up toward your buttocks. Don't arch or twist your back. Hold this position for 30 seconds. Repeat 3 times.



Quadriceps stretch

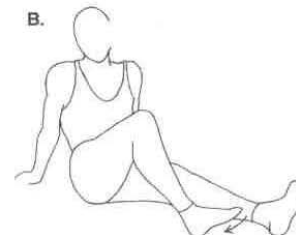
4. Hip adductor stretch: Lie on your back, bend your knees, and put your feet flat on the floor. Gently spread your knees apart, stretching the muscles on the inside of your thigh. Hold this for 20 seconds. Repeat 3 times.



5. Isometrics:

- A. Quadriceps Isometrics: Sitting on the floor with your injured leg straight and the other leg bent, press the back of your knee down into the floor while tightening the muscles on the top of your thigh. Hold this position for 5 seconds. Repeat 20 times.

- B. Hamstring Isometrics: Sitting on the floor with the injured leg slightly bent, dig the heel of your injured leg into the floor and tighten up the back of your thigh muscles. Hold this position for 5 seconds. Repeat 20 times.



Isometrics

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Heel slide

6. Heel slide: Sitting on a firm surface with your legs straight in front of you, slowly slide the heel of your injured leg toward your buttock by pulling your knee to your chest as you slide. Return to the starting position. Repeat 20 times.

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