# Pes anserine pain

A gentle starting plan for pain below the inside of the knee. Use it after pes anserine pain has been identified; inner-knee pain can have other causes. Follow your clinician's restrictions after injury or surgery.

**First: reduce irritation.** Reduce the activities that bring on pain: hills, repeated stairs, running or kneeling. Keep comfortable movement; do not push through a flare. Cycling or swimming is an option only if it does not aggravate symptoms.

## Stop and progression rules

• Start with a small, comfortable range and fewer repetitions. The amounts below are starting examples, not a prescription for everyone.

• A stretch should feel like gentle muscle tension, not pain at the inside of the knee. Stop any exercise that causes sharp or increasing pain.

• Do not progress if pain, swelling or walking is worse later that day or the next morning. Reduce the last dose or return to the easier stage.

## 1. Settle symptoms and keep moving

Use comfortable movements only. Try one short session daily; skip any movement that irritates the tender area.



### Heel slide

Lie on your back. Slide the heel toward you, then away, keeping the knee pointed up. Stay within an easy range; do not force a deep bend.

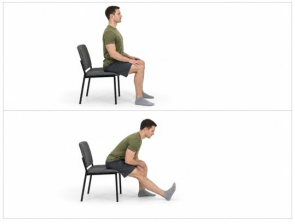
**Start with 5-10 slow repetitions.**



### Quad set

With the leg supported and straight, tighten the front of the thigh and gently press the knee toward a folded towel. Relax fully between holds.

**Start with 5-10 holds of 5 seconds.**



### Gentle hamstring stretch

Sit with one heel forward and the knee comfortably straight. Hinge slightly at the hips until the back of the thigh stretches. Do not press on the knee.

**Hold 15-30 seconds, 2 times; no inner-knee pain.**

**No kneeling needed.** Optional inner-thigh stretch: lying on your back, gently slide the straight leg a little out to the side, then return. Keep it supported. Hold a mild inner-thigh stretch for 10-20 seconds, twice. Skip it if the inner knee hurts; no kneeling is needed.

## 2. Build strength as irritation settles

Add these when stage 1 and ordinary short walks are comfortable without a next-day flare. Start with one set on alternate days; add repetitions before a second set.



### Straight leg raise

Lie on your back with the other knee bent. Tighten the thigh, keep the working knee straight, lift slowly to the height of the other thigh, then lower. Skip it if the knee bends or it hurts.

**Start with 5-8 repetitions; build toward 2 sets of 10.**



### Side-lying hip abduction

Lie on your side. Keep the top leg straight and in line with your body. Lift a little without rolling backward, then lower slowly.

**Start with 8 repetitions; build toward 2 sets of 10.**



### Supported hamstring curl

Hold a fixed counter. Slowly bend the working knee to lift the heel behind you, then lower. Start without a band or weight. Stop if it reproduces inner-knee pain.

**Start with 5-8 repetitions in a comfortable range. Add resistance only with clinician guidance.**

## 3. Return to loaded movement

Add this when walking and stage 2 are comfortable, with no increased pain or swelling the next morning. Increase one thing at a time: repetitions, depth or activity duration.



### Supported mini squat

Hold a fixed counter. Sit the hips back into a shallow bend, keeping knees in line with feet, then stand. Avoid a deep squat; use a smaller range if needed.

**Start with 5 repetitions on alternate days; build toward 2 sets of 10.**

**Between sessions.** If helpful, use a wrapped cold pack for 10-15 minutes after activity. Do not put ice directly on skin. Build walking on level ground before returning to hills or running.

**When to get checked.** Get prompt medical assessment for a hot, red or rapidly swollen knee, fever, inability to bear weight, or a significant new injury. Arrange a clinical review if the knee locks or gives way, symptoms worsen, exercises repeatedly trigger a flare, or there is no clear improvement after 2-3 weeks. Do not wait for the plan to end if you are getting worse.

General education, not a diagnosis or an individually prescribed rehabilitation program. Stages and starting doses are BoneArc's practical organization of the guidance below, not a validated protocol or a guarantee of recovery.

**Sources:** AAOS: Pes Anserine Bursitis · AAHKS: Home Therapy Exercises · Alberta Health: Knee Bursitis Exercises