ATKINS
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PES ANSERINUS SYNDROME

The pes anserine bursa sits behind the inside of the knee, tucked under three tendons as they pass to attach to the front of the top of the shin bone. For interest, the tendons splay out as they attach, looking rather like a goose's foot – which in Latin is 'pes anserinus'.

Pes anserinus syndrome may involve the tendons as well and can mimic a medial collateral ligament sprain. The condition is treated with local electrotherapy, usually ultrasound, and a specific massage technique called frictions can be applied to the tendon attachments as necessary. The bursa can also be injected with anti-inflammatory steroid if symptoms persist.