ATKINS
PHYSIOTHERAPY
CONSULTANTS

PREPATELLAR AND INFRAPATELLAR BURSITIS

The prepatellar bursa sits in front of the knee cap (patellar) and it may become inflamed after long periods of kneeling on all fours, leading to prepatellar burstis being known as 'housemaid's knee'. The infrapatellar bursa sits just below the knee cap and may become inflamed after long periods of kneeling with the pressure just on the knees, leading to infrapatellar bursitis being known as 'clergyman's knee'.

Physiotherapy can help by applying gentle soft tissue massage and electrotherapy, usually ultrasound, but the fluid may need to be drained from the bursa if progress is slow, and injection with anti-inflammatory steroid can help the condition to settle.