

## What is it?

Prepatellar bursitis is a type of knee injury that occurs when the bursa, in the front of the kneecap, becomes inflamed. It can be caused by:

- Falling on the kneecap or other minor injuries
- Pressure from kneeling or friction on the knee

This injury can be common in people who work on their knees for a long time, like miners, gardeners, carpet layers and cleaners. Symptoms include pain, swelling and redness. Over time, the knee may get infected.

Treatment includes rest, ice, elevation and compression (RICE = Rest, Ice, Compression, Elevation) and stopping any activities that involve kneeling. Your GP will assess your symptoms and talk to you about a treatment plan.

## What will my GP do now?

Your GP may check your knee and talk to you about RICE. They may give you pain relief and help you learn how to manage your symptoms. They may tell you to:

- Avoid putting direct pressure on the knee
- Avoid squatting, kneeling or bending beyond 90 degrees
- Keep your knee compressed

If your GP believes there could be an infection in your knee, they may suggest further testing or antibiotics.

If you have symptoms of an infection and you are feeling very unwell, even after taking antibiotics, your GP may suggest you visit the emergency room of your local hospital.

## What questions could I ask my doctor?

- How long will my knee injury take to heal?*
- What pain-relief medication can I take?*
- What activities should I avoid?*



## What will my GP do in the future?

Your GP may check on your knee again in the next two months. If you still have pain and swelling, your GP may suggest you have some tests.

Your GP may discuss how to ease back into sports and other activities. Your GP can refer you to a physiotherapist if you need more support.

## What can I do?

Follow your GP's advice about treatment, rest and ice. Support your knee and avoid activities that make your symptoms worse. Keep an eye on your symptoms. See your GP if the pain or swelling are not getting better.

## What supports are available?

If your prepatellar bursitis is not getting better, your GP can refer you to a private specialist, called an orthopaedic surgeon.

## Where can I learn more?

- **Patient.info** – Prepatellar bursitis: [patient.info](https://www.patient.info)