

Pre-Patella Bursitis (Housemaids Knee)

What is Pre-Patella Bursitis (Housemaids Knee)?

Fluid in the Bursa (Naturally occurring blister) at the front of the knee.

Cause

This is usually due to irritation of the Bursa.

This is made worse by:

Kneeling

Using the knee a lot

Options

If the cause can be avoided (e.g. kneeling) then they usually go away, but this may take several months.

Anti-Inflammatory Painkillers as a tablet or gel / cream rubbed on help remove the swelling.

Aspiration (Removal of the fluid) and Injection of Steroid can be tried if they do not go away with rest, tablets and gels / creams. This though only works half of the time.

Operations are of no use as the swelling comes back and there are serious risks of infections.

[Prepatellar \(Kneecap \) Bursitis - Your Orthopaedic Connection - AAOS](#)