

Pes Anserine Bursitis Exercise Program (At-Home Physical Therapy)

How to Use This Program:

Complete this routine **once per day**, every day unless pain increases.

Exercises should stay **at or below 3/10 discomfort** and should not worsen symptoms afterward.

Stretching Exercises

1. Prone Quadriceps Stretch

Dosage:

- Hold 10 seconds
- Repeat 10 times

How to Do It:

- Lie on your stomach with a strap around your foot
 - Gently pull your heel toward your butt until you feel a stretch in the front of your thigh
 - Relax and return to the starting position
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2. Hamstring Stretch (with Strap)

Dosage:

- Hold 20 seconds
- Repeat 5 times

How to Do It:

- Lie on your back with your leg straight
 - Loop a strap around your foot and lift your leg upward
 - Stop when you feel a stretch in the back of your thigh
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3. Calf Stretch on Slant Board

Dosage:

- Hold 20 seconds
- Repeat 5 times

How to Do It:

- Place both feet on the slant board with heels down
 - Keep knees straight and lean your body forward
 - Hold the stretch in your calves
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Strengthening Exercises

4. Straight Leg Raise

Dosage:

- 10 repetitions
- 2 sets

How to Do It:

- Lie on your back with one leg straight and the other bent
 - Tighten your thigh muscle and lift the straight leg to the height of the opposite knee
 - Lower slowly and repeat
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5. Sidesteps with Resistance Band

Dosage:

- 15 steps each direction
- 3 sets

How to Do It:

- Place a resistance band around your thighs or ankles
 - Bend knees slightly and keep toes facing forward
 - Step sideways while keeping tension on the band
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6. Bridges (With or Without Band)

Dosage:

- Hold 3 seconds at the top
- 10–20 repetitions
- 2 sets

How to Do It:

- Lie on your back with knees bent and feet flat
 - Squeeze your glutes and lift your hips toward the ceiling
 - Hold briefly, then lower slowly
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7. Step-Downs**Dosage:**

- 10 repetitions
- 2 sets

How to Do It:

- Stand on a low step with your affected leg
 - Slowly bend your knee and lower the opposite heel toward the ground
 - Return to standing and repeat
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**Optional Pain Relief (After Exercises)****Ice and TENS (If Available)**

- Use for 10–15 minutes after exercises
 - Keep a barrier between ice and skin
 - TENS should feel like a comfortable tingling, not pain
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Pes Anserine Bursitis Exercise Tracker

Copy and paste into Word

Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prone Quad Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hamstring Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calf Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Straight Leg Raise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sidesteps with Band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bridges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Step-Downs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Notes (Optional)

- Pain before exercise (0–10): _____
- Pain after exercise (0–10): _____
- Comments or concerns: _____