

# KNEE BURSITIS STRETCHES

Similar to the hip, the knee also has a bursa. It is located in the front, upper, and inner portion of the shin at the tibia bone. The bursa prevents the tendons from wearing on the knee joint where the hamstrings, thigh, and groin muscles unite. In our experience, the most common cause of knee bursitis is low back and pelvic dysfunction which create tight leg musculature or a compressed bursa and inflammation results. Ice and stretching are an excellent start toward healing.

## *The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



**Thigh  
Stretch**



**Hamstring  
Stretch to Bench**



**Inner Thigh/  
Hamstring Stretch**

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