



medi

Guide

Pes Anserinus-Syndrome

Information brochure with
exercises to complement therapy



medi. I feel better.



Pes anserinus syndrome – the facts

Pes anserinus syndrome is the name given to pain occurring on the inside of the calves, just below the knee joint. There is irritation in the tendon, and the synovial bursa may also be inflamed.

These patients are chiefly affected

Pes anserinus syndrome is more prevalent in women. This is a result of the female anatomy and is often caused by a misalignment of the leg axes (knock knees). It is particularly common among more elderly women who are slightly overweight and those with accompanying diseases (such as osteoarthritis).

Besides these cases, Pes anserinus syndrome occurs, above all, in:

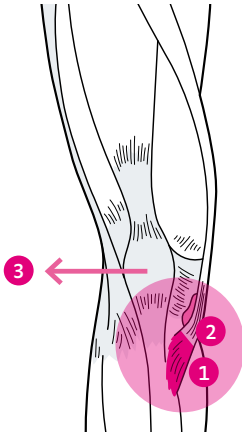
- patients with a knee endoprosthesis (post-op)
- active individuals and sportsmen/women (in particular long-distance runners)

Pain worsens when climbing stairs, when crouching, or after walking/running and/or jumping. Pain subsides at rest, but returns with renewed strain. The symptoms may last for anywhere between a few days up to several weeks.



Cause – how Pes anserinus syndrome occurs

It often originates as a result of a misalignment of the leg axes (for example, knock knees). The outcome: the PA tendon group may become overloaded (M. sartorius, M. semitendinosus, M. gracilis). In some cases, a muscular imbalance may develop in the anterior thigh muscles.



Starting point

Leg axis misalignment and, therefore, the overloading of the PA tendon group

It results in increased strain and therefore irritation of the tendon base Pes anserinus ① and the synovial bursa ② beneath.

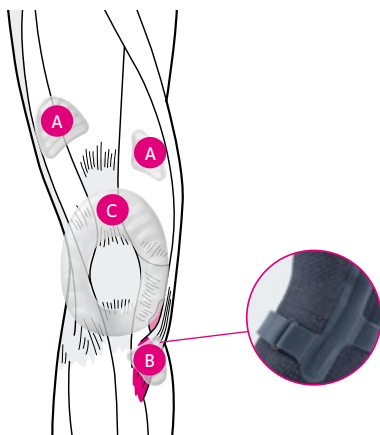
The kneecap may also shift outwards. ③

Pes anserinus syndrome

Treatment – effective support

Treatment of Pes anserinus syndrome primarily entails conservative approaches, i.e. non-surgical methods.

Orthoses may be used as a form of treatment, for example, the Genumedi PA. This relieves the affected tendon base and relieves pain.



A Re-establishment of muscular equilibrium

A dilator (see image left) reduces the tension in the outer section of the thigh musculature.

The second dilator (see right) activates the weakened inner section.

B Simulation of the Pes anserinus through a special tendon dilator. A belt can be used to adjust the pressure applied to the tendon to your liking.

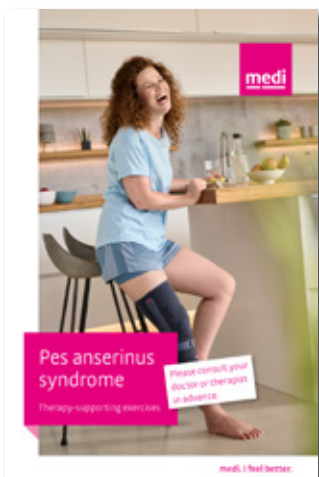
C Stable range of motion in the kneecap

Relieving the tendon base
(Pes anserinus) + reducing pain



Focused training in the case of Pes anserinus syndrome

Exercises to complement therapy are an effective addition to treatments. The aim of the exercises is to strengthen and stretch the muscles and tendons so that they counteract any imbalances.



Your personal activity poster

Get active and strengthen your knee. This folding poster contains an all-round exercise programme to carry out at home. You can find an instructive video online at: medi.biz/PA



Scan the QR code for further information on how to use the product or use the URL:
medi.biz/gen-pa-handling



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