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Background

• Pes anserine syndrome (PAS) is the inflammation of either the pes anserine bursa, tendon, or both.
• The incidence and etiology of PAS are unknown at this time.
• There is limited literature available for the treatment and rehabilitation of PAS.
• Anterior cruciate ligament (ACL) injury prevention exercises address proper hip, knee, and ankle alignment and decrease the risk of ACL injuries by 52% in females and 85% in males.¹

Purpose

The purpose of this case report was to utilize ACL injury prevention exercises within a comprehensive physical therapy (PT) plan of care (POC) for a patient with PAS.

Case Description

• The patient was an active 32-year-old male who ran 2-5 miles recreationally with a primary complaint of left knee pain.
• The patient’s initial evaluation demonstrated increased tenderness to palpation at the pes anserine, mild strength deficits, and 8/10 pain at its worst as measured by the NPRS.
• The patient was seen 2x/week for 8 weeks.
• The patient demonstrated knee valgus positioning with squatting exercises.

Interventions

• The patient was discharged after 12 visits with a home exercise program (HEP) to continue improvements in order to run > 3 miles.

Results

ACL Injury Prevention Exercises

Table 1: Tests & Measures at Initial Evaluation and Discharge

Outcomes

Conclusions

• The use of left LE exercises in ACL injury prevention was effective treatment for a 32-year-old male with PAS.
• The patient demonstrated significant improvement with knee alignment during dynamic activities as compared to the initial evaluation.
• Future research may consider:
  • Focusing on developing a standardized treatment approach for PAS.
  • Research into the effectiveness of ACL injury prevention exercises on a larger number of patients with PAS.
  • Investigate which interventions were most effective in rehabilitating PAS.

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References