

Fast Facts

Bursitis

- Occurs when the bursae become inflamed
- Bursae are tiny, fluid-filled sacs that cushion bones, tendons, and muscles near joints
- Can happen in any location, but the most common spots include the shoulder, elbow, and hip
- Bursae become inflamed by repetitive motions that put pressure on them. Some examples include extensive kneeling for tasks, leaning on your elbow for long periods, or repeatedly lifting something over your head
- Other ways bursae can become inflamed are trauma to the affected area, inflammatory arthritis, gout, and infection
- Also, at increased risk as you age and if you're overweight

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Joint that feels achy/stiff -Joint that hurts more when you move/press on it -Joint that looks swollen and red <p><i>See a Doctor If:</i></p> <ul style="list-style-type: none"> -Disabling joint pain -Sudden inability to move a joint -Excessive swelling/redness/bruising/rash in the affected area -Sharp/shooting pain (especially when you exercise or exert yourself) -Fever 	<ul style="list-style-type: none"> -Usually gets better on its own <p><i>At Home:</i></p> <ul style="list-style-type: none"> -Rest the area -Take over-the-counter pain medications (ex. acetaminophen, ibuprofen, or naproxen) -Heat and cold therapy <p><i>No Relief:</i></p> <ul style="list-style-type: none"> -Corticosteroid injections -Antibiotic (if caused by an infection) -Physical therapy -Surgically drain bursae (not common) 	<ul style="list-style-type: none"> -Use kneeling pads -Use proper lifting techniques -Use a dolly or a cart if load is heavy -Take frequent breaks from repetitive -Maintain a healthy weight -Get regular exercise -Place a pillow between your knees if a side sleeper

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