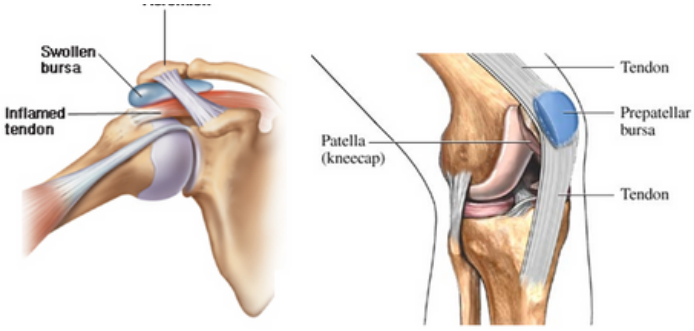
BURSITIS

WHAT IS BURSITIS?

Bursitis is inflammation of a bursa. A bursa is a tiny fluid-filled sac that sits in large joints such as the shoulders, elbows, hips and knees and helps to reduce the friction between the joint and tendons as they move. Some of these joints may consist of more than one bursa.



Shoulder bursa Knee bursa

PROGNOSIS

Bursitis, especially in the shoulder and hip, can take a long time to heal due to the high load and movement these joints endure. Regular physiotherapy, typically lasting 3-6 months, is often needed. Progress can be slow, but if the area isn't responding as expected, your therapist may refer you to your GP for a cortisone injection or specialist consultation.

TREATMENT

- Ice, modified rest, anti-inflammatories, and Range of movement exercises.
- Shock Wave Therapy, Electrotherapy, and Strengthening rehabilitation home exercises.
- Conservative physiotherapy is usually the first option of treatment. If it's ineffective, or after cortisone injections, you may be referred to an orthopedic specialist to assess if surgery is necessary.

CAUSES

Repeated small stresses, overuse and sudden impact to the bursa can cause it to swell and become irritated.

Other contributing factors may include; muscle weakness, muscular tightness, poor training technique, poor movement patterns and altered joint structure.

Sometimes the bursa can also become inflamed as a result of an infection or an underlying rheumatic condition.

SIGNS & SYMPTOMS

- Redness
- Swelling
- Tenderness on palpation
- Pain with movement of the affected joint

ACTIVITIES TO AVOID

Shoulder bursitis - laying on the affected side, lifting, above shoulder height activities, putting your weight through your hands or elbows, holding the arm in a sustained position away from the side of your body, twisting of the arm.

Hip bursitis - laying on the affected side, squatting, crossing your legs, running.

Knee bursitis - kneeling, squatting, excessive stair climbing.

Elbow bursitis - leaning on the elbow.