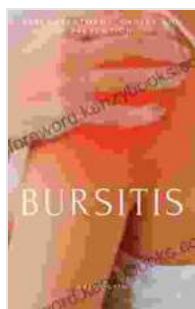


Bursitis: Understanding the Inflammation and Pain

Bursitis is a common condition that causes inflammation and pain in the fluid-filled sacs, called bursae, which cushion and reduce friction between bones, tendons, and muscles in your body. These bursae act as shock absorbers, providing smooth movement and reducing wear and tear during daily activities.



BURSITIS: TYPES, TREATMENT, CAUSES AND PREVENTION by Healthy Body Books

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Types of Bursitis

- **Subacromial bursitis:** Inflammation of the bursa located in the shoulder, causing pain and stiffness in the shoulder joint.
- **Olecranon bursitis:** Inflammation of the bursa at the back of the elbow, resulting in swelling and pain while bending or straightening the elbow.

- **Prepatellar bursitis:** Also known as "housemaid's knee," it occurs when the bursa in front of the kneecap becomes inflamed, causing pain and swelling with knee bending.
- **Achilles bursitis:** Inflammation of the bursa near the Achilles tendon, leading to pain and tenderness along the back of the heel.
- **Trochanteric bursitis:** Inflammation of the bursa outside the hip joint, causing pain and difficulty lying on the affected side.

Causes of Bursitis

Bursitis can be caused by various factors, including:

- **Overuse or repetitive motions:** Occupations or activities involving repetitive movements can put excessive stress on the bursae, leading to inflammation.
- **Acute injury:** A direct blow or fall can cause trauma to the bursa, resulting in bursitis.
- **Underlying conditions:** Certain medical conditions, such as rheumatoid arthritis, gout, and diabetes, can increase the risk of developing bursitis.
- **Age:** As we age, our bursae naturally become thinner and more susceptible to inflammation.

Symptoms of Bursitis

Depending on the affected location, bursitis may present with the following symptoms:

- Pain and tenderness at the affected joint

- Swelling and redness
- Stiffness and limited range of motion
- Warmth to the touch

Treatment for Bursitis

Treatment options for bursitis aim to reduce inflammation and pain.

Common approaches include:

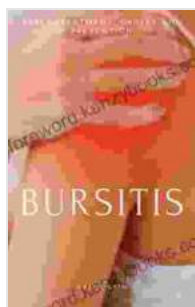
- **Rest and immobilization:** Limiting activities that aggravate the condition is crucial for recovery.
- **Ice application:** Applying ice packs to the affected area helps reduce swelling and pain.
- **Medication:** Over-the-counter or prescription pain relievers and anti-inflammatory drugs can alleviate pain and inflammation.
- **Corticosteroid injections:** In severe cases, corticosteroid injections directly into the bursa can provide significant pain relief.
- **Physical therapy:** Exercises and stretches can help improve range of motion and strengthen surrounding muscles.
- **Surgery:** In rare cases, surgical removal of the inflamed bursa may be necessary.

Preventing Bursitis

To reduce the risk of developing bursitis, consider implementing the following preventive strategies:

- **Warm-up and cool-down:** Proper warm-up exercises before physical activities prepare the joints and bursae for movement.
- **Avoid repetitive motions:** If your occupation or hobbies involve repetitive tasks, take frequent breaks and change positions to prevent strain on the bursae.
- **Use proper technique:** Ensure correct posture and body mechanics during activities to avoid putting undue stress on the joints.
- **Maintain a healthy weight:** Excess weight can add strain to the joints and increase the risk of bursitis.

Bursitis is a common condition that can be both painful and limiting. By understanding the types, causes, and symptoms of bursitis, as well as the effective treatment and prevention strategies, you can take proactive steps to manage this condition and maintain optimal joint health.



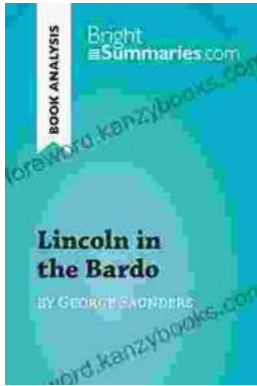
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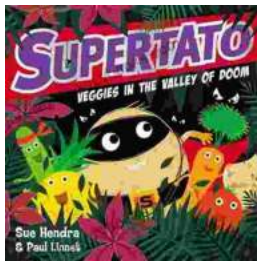
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