

## UNDERSTANDING BURSITIS

### More Than 7.5 Million People Visit the Doctor Each Year Complaining of Shoulder Pain

**Approximately 7 % of people experience shoulder pain, and this figure rises to 26 % in the elderly.**

There are approximately 160 bursae in the human body. These tiny, fluid-filled sacs cushion pressure, reduce friction and lubricate points between bones, tendons and muscles. When these sacs become inflamed due to overuse, injury or infection, movement or pressure can become painful. This condition is known as bursitis.

Please read the following guide to learn more about the causes, symptoms and treatment for bursitis.

#### 01 | Understanding the Condition and its Cause

Bursitis can be caused by repetitive, minor impact on the area, or from a sudden, more serious injury. Age can also be a factor because over time tendons are less able to tolerate stress, lose elasticity and can be injured more easily. Stress or inflammation from arthritis or other health conditions can also lead to bursitis, and rarely, an infection can lead to inflammation of a bursa. The areas most commonly affected by bursitis are:

- Elbow
- Shoulder
- Hip
- Knee
- Achilles Tendon

#### 02 | Symptoms

A person with bursitis is likely to experience the following symptoms:

- Pain that increases with movement or pressure
- Tenderness of the affected area
- Swelling
- Loss of movement

#### 03 | Diagnosis and Treatment

Usually, doctors can diagnosis bursitis by means of a physical exam and review of your medical history. At

times, further testing may be recommended, including imaging tests to exclude other causes of pain in the affected area and blood tests to pinpoint the cause of your joint inflammation and pain.

When bursitis is diagnosed, treatment may include the following:

- **Medication** – anti-inflammatory pain medication
- **Physical Therapy** – to help strengthen the muscles in the affected area which can ease pain and prevent recurrence
- **Injections** – corticosteroid drugs can be injected to relieve inflammation
- **Surgery** – surgery may be required to drain the inflamed bursa, or in rare cases, remove the affected bursa

For more information on bursitis, please visit:

<http://www.medicalnewstoday.com/articles/152120.php>

### *Did You Know?*

*8.7 million Americans are affected by Bursitis*

#### References

<http://www.mayoclinic.org/diseases-conditions/bursitis/basics/definition/con-20015102>

<http://www.webmd.com/pain-management/arthritis-bursitis#1>