

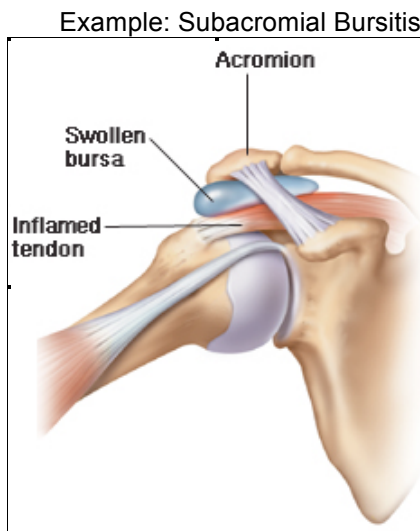
Bursitis

The problem

- Bursae are fluid-filled sacs located between bones and tendons. They function to reduce friction and allow the tendons to glide more freely over the bone
- When bursae become inflamed, movement of the tendon over the affected bursa becomes painful

Interesting facts

- There are approximately 160 bursae in the human body
- Larger bursae are located near major joints, such as the shoulders, elbows, hips and knees.



What you can expect/look out for

- An achy or stiff sensation in the affected joint
- Increased pain with movement
- Swelling and/or redness over the affected area

Hints for self-management

- Rest the affected joint
- Avoid aggravating movements and activities
- Ice and anti-inflammatory drugs to reduce inflammation

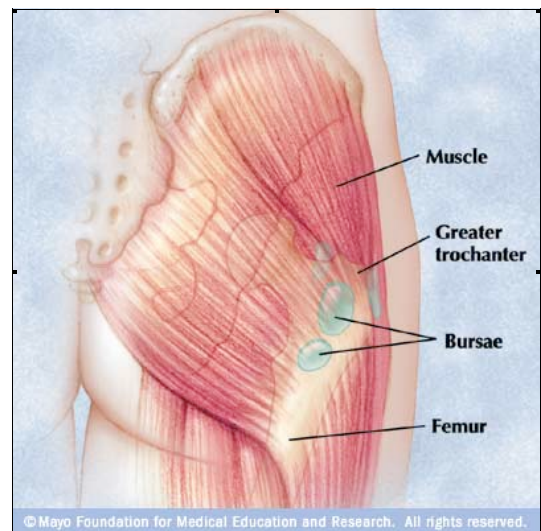
Management options

- A corticosteroid may be injected into the affected bursa. In Australia, this is typically done under ultrasound guidance by a radiologist after being prescribed by your GP, Orthopaedic Surgeon or Sports Physician. This generally brings rapid relief.
- Physiotherapy can help strengthen the muscles around the joint and correct any biomechanical faults to help reduce the risk of recurrence

More information

- Bursitis is most likely to occur in joints that perform repetitive motions, such as the shoulders, elbows, or hips. It may also develop in the knees, heels, or at the base of the big toes.
- Bursitis is also likely to develop following an injury, which may be traumatic or a more chronic overuse/repetitive stress type injury due to faulty body mechanics. Bursitis is also more likely to occur during middle age and in individuals with rheumatic conditions.
- It is not uncommon to experience recurrent flare ups

Example: Trochanteric Bursitis



Contact the team at Sydney Sports & Orthopaedic Physiotherapy to speak directly to a specialised physiotherapist

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