

UNDERSTANDING BURSITIS

About 1 in every 10,000 individuals annually develop bursitis on the knees or elbows.

Bursitis is a painful condition caused by inflammation of the bursae, the small fluid-filled sacs that cushion bones, tendons and muscles around joints. The condition frequently develops in proximity to joints that engage in repetitive movement regularly. When treated appropriately, the pain associated with bursitis resolves within a few weeks. However, it's common for people to experience recurring episodes of bursitis.

01 | Signs and Symptoms

Bursitis can affect joints such as shoulders, elbows, knees, etc. The most common symptoms of the condition include:

- Pain, especially when you're moving the body part that is affected
- A limited range of motion
- Swelling
- Feeling achy or stiff
- Infections caused by bursitis can cause chills, fever and discoloration on your skin

02 | Diagnosis

Medical professionals frequently determine the presence of bursitis by assessing a patient's medical history and physical exam. If needed, they will also carry out diagnostic tests such as:

- **X-rays** to exclude other conditions
- **Ultrasounds or MRIs** to identify inflamed bursae
- **Blood tests** to pinpoint the cause of the joint pain and detect if there is an infection

03 | Treatments

Rest is essential for managing bursitis. It is often recommended that individuals avoid activities that irritate the bursa to promote healing and prevent further injury. Providers may suggest other home treatments, including:

- Taking over-the-counter pain relievers
- Elevating and icing the injured area
- Applying heat to the area
- Wearing a splint or brace to support the area

For more information on bursitis and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org).

Did You Know?

While bursitis can impact people at any age, adults over the age of 40 may face a greater risk.

References

<https://www.mayoclinic.org/diseases-conditions/bursitis/symptoms-causes/syc-20353242>

<https://my.clevelandclinic.org/health/diseases/10918-bursitis>

<https://www.ncbi.nlm.nih.gov/books/NBK525773>

