

## FAST FACTS: Bursitis

Bursitis is inflammation of a bursa, which is a closed, fluid-filled sac that serves as a cushion to reduce friction between tissues in the body. Major bursae (the plural form of bursa) are found next to tendons by large joints, like the feet, hips, knees, elbows, and shoulders. Bursitis can be very painful, but it is usually a temporary condition. People with arthritis, diabetes, and thyroid disease have a higher risk of developing bursitis.

### ✓ What causes bursitis?

- The most common cause of bursitis is overuse/repetitive motion.
- Can also be caused by injury or infection.
- Types of activities that may cause bursitis include gardening, painting, carpentry, resting elbows on desk, working on knees without proper padding, sport such as tennis, golf, baseball, or playing an instrument.

### ✓ Types of bursitis

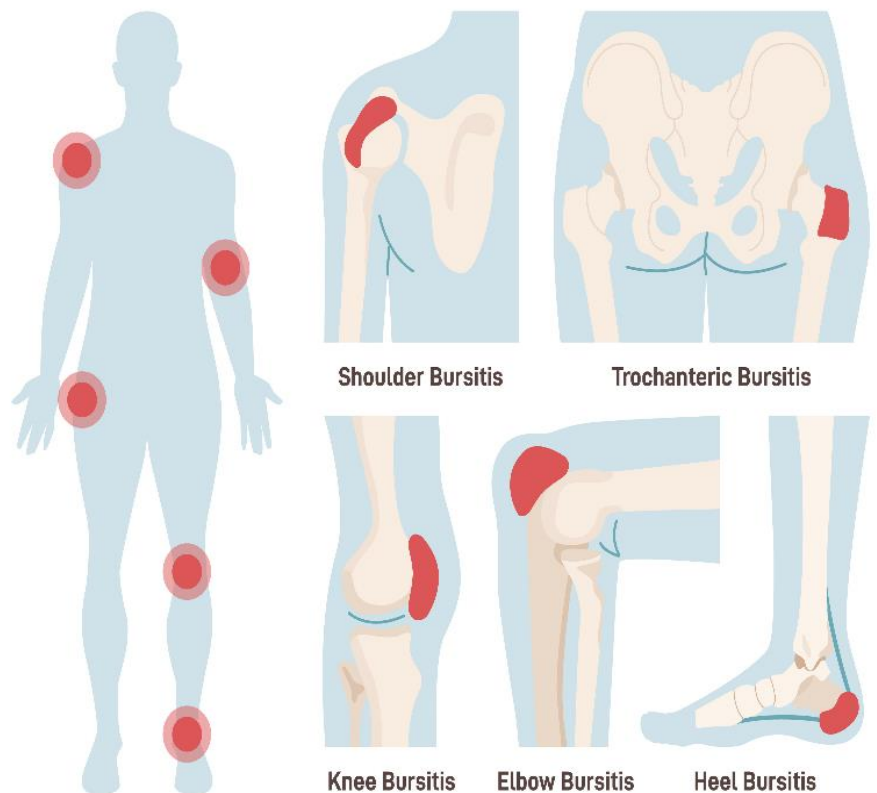
There are over 150 bursae in the body and bursitis can happen in any area. However, it is most common in joints which have repetitive in motion or receive lots of pressure such as:

- Feet
- Hips
- Knees
- Elbows
- Shoulders

### ✓ Symptoms of bursitis

- Pain, especially when moving affected joint
- Achy or stiff joints
- Swelling
- Limited range of motion

## Types Of Bursitis



- If you have bursitis caused by infection, you may also experience redness and/or warmth in area, fever, and chills

✓ **Treatment**

The Healthcare provider will generally do a physical examination to rule out other issues. Treatment will generally include:

- Rest
- Avoid activities that causes irritation
- Elevate injured area
- Ice or heat to the area
- Over the Counter (OTC) pain medications like ibuprofen or acetaminophen

✓ **What Else You Should Do**

- Write down and share information about your pain prior to and following treatment with your primary healthcare team.
- Try a non-drug treatment and document the impact on your pain in your Pain Diary.
- Use a [Pain Diary](#) to note important information useful to your healthcare providers.

*Revised October 2023*

**References:**

Cleveland Clinic (2023). Bursitis: Types, Treatment, & Prevention. <https://my.clevelandclinic.org/health/diseases/10918-bursitis>.

Mayo Clinic (2022) Bursitis. <https://www.mayoclinic.org/diseases-conditions/bursitis/symptoms-causes/syc-20353242>.