

***“Bursitis: What is it, and how do I cure it?”***

**A** bursa is a small, fluid-filled sac inside your body. It can be thought of as a self-contained bag with a lubricant and no air inside. If you imagine rubbing this bag between your hands; movement of your hands would be smooth and effortless. That is what a bursa is meant to do; offer a smooth, slippery surface between two moving objects. Bursae are found where muscles and tendons glide over bones. Without the bursa between these surfaces, movements would be painful due to friction.

**Bursitis is a painful inflammation of a bursa.** When a bursa becomes inflamed, the bursa loses its gliding capabilities, and becomes more and more irritated and painful when it is moved. The added bulk of the swollen bursa causes more friction within an already confined space.

**What Causes Bursitis?**

◆ Repetitive Irritation

Bursitis usually results from a repetitive movement or due to prolonged and excessive pressure. For example, people who have weak hip muscles and tend to sway as they walk can develop hip (trochanteric) bursitis. Similarly in other parts of the body, repetitive use or frequent pressure can irritate a bursa and cause inflammation.

◆ Traumatic Injury

Another cause of bursitis is a traumatic injury. Following trauma, such as a car accident or fall, a patient may develop bursitis. Usually a contusion causes swelling within the bursa. The bursa, which had functioned normally up until that point, now begins to develop inflammation, and bursitis results. Once the bursa is inflamed, normal movements and activities can become painful.

◆ Systemic Diseases

Systemic inflammatory conditions, such as rheumatoid arthritis, may also lead to bursitis. These types of conditions can make patients susceptible to developing bursitis.

**How is Bursitis Treated?**

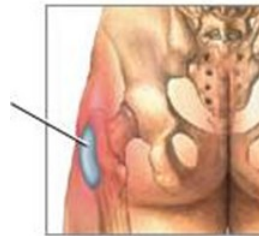
Bursitis is a symptom caused by many other factors that if you don't solve, will render you vulnerable to recurrences. Your physiotherapist is highly trained in identifying the biomechanical causes of bursitis. With the correct joint alignment and muscle balance, the bursitis can usually be cured permanently.



A



B



C



D

**Four commonly inflamed bursae**

- A: Shoulder (sub acromial)**
- B: Knee cap (patella)**
- C: Outside Hip (trochanteric)**
- D: Elbow (Olecranon)**

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