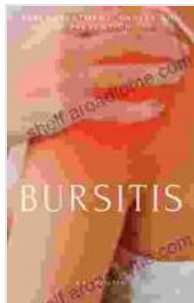


Bursitis: The Ultimate Guide to Types, Treatment, Causes, and Prevention



BURSITIS: TYPES, TREATMENT, CAUSES AND PREVENTION by Healthy Body Books

★★★★☆ 4.1 out of 5

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Bursitis is a common condition that can affect anyone, regardless of age or activity level. It occurs when the fluid-filled sacs (bursae) that cushion the joints and tendons become inflamed. This can cause pain, swelling, and stiffness, making it difficult to move the affected joint.

There are many different types of bursitis, each with its own unique symptoms and treatment options. In this article, we will discuss the most common types of bursitis, their causes, and the best ways to treat and prevent them.

Types of Bursitis

There are many different types of bursitis, but the most common include:

- **Subacromial bursitis:** This is the most common type of bursitis, and it occurs when the bursa that lies between the shoulder blade and the rotator cuff tendons becomes inflamed. This can cause pain, swelling, and stiffness in the shoulder, and it can make it difficult to lift the arm overhead.
- **Olecranon bursitis:** This type of bursitis occurs when the bursa that lies over the elbow bone (olecranon) becomes inflamed. This can cause pain, swelling, and redness at the back of the elbow, and it can make it difficult to bend or straighten the arm.
- **Prepatellar bursitis:** This type of bursitis occurs when the bursa that lies over the kneecap (patella) becomes inflamed. This can cause pain, swelling, and tenderness in the front of the knee, and it can make it difficult to kneel or squat.
- **Achilles bursitis:** This type of bursitis occurs when the bursa that lies behind the Achilles tendon becomes inflamed. This can cause pain, swelling, and stiffness in the back of the heel, and it can make it difficult to walk or run.

Causes of Bursitis

Bursitis can be caused by a variety of factors, including:

- **Overuse:** The most common cause of bursitis is overuse, which can put stress on the bursae and cause them to become inflamed.
- **Injury:** A direct injury to the bursa can also cause bursitis. This can happen from a fall, a blow to the joint, or a repetitive motion.
- **Infection:** Bacteria or viruses can infect the bursa and cause bursitis.

- **Rheumatic diseases:** People with rheumatic diseases, such as rheumatoid arthritis and lupus, are more likely to develop bursitis.

Symptoms of Bursitis

The symptoms of bursitis can vary depending on the location of the inflammation. However, the most common symptoms include:

- Pain
- Swelling
- Stiffness
- Redness
- Warmth
- Tenderness to the touch
- Difficulty moving the affected joint

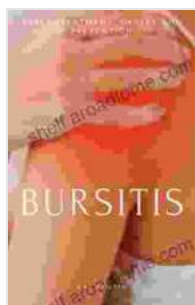
Treatment for Bursitis

The treatment for bursitis will depend on the severity of the condition and the underlying cause. In most cases, treatment will focus on reducing pain and inflammation and restoring mobility to the affected joint.

Some of the most common treatments for bursitis include:

- **Rest:** Resting the affected joint can help to reduce pain and inflammation. Avoid activities that aggravate the bursitis, and try to keep the joint elevated.

- **Ice:** Applying ice to the affected joint can help to reduce pain and swelling. Ice should be applied for 15-20 minutes at a time, several times a day.
- **Compression:** Compressing the affected joint can help to reduce swelling. A compression bandage or wrap can be used to provide support and reduce inflammation.
- **Medication:** Over-the-counter pain relievers, such as ibuprofen or naproxen, can help to reduce pain and inflammation. In some cases, your doctor may prescribe a stronger medication, such as a corticosteroid.



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