

**Bursitis:**

Bursitis (bur-SY-tis) affects the bursae (bur-SEE) small, fluid-filled sacs that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed.

Bursitis often occurs near joints that perform frequent repetitive motion. The most common locations for bursitis are in the shoulder, elbow and hip, but bursitis can also occur in the knee.

Symptoms:

If you have bursitis, the affected joint may:

- Feel achy or stiff
- Hurt more when you move it or press on it (or when lying on the hip at night or getting up from a chair after being seated a while)
- Look swollen and red

When to see a doctor:

Consult your doctor if you have:

- Disabling joint pain
- Pain for more than one to two weeks
- Excessive swelling, redness, bruising or a rash in the affected area
- Sharp or shooting pain, especially when you exercise or exert yourself
- A fever

Treatment:

Bursitis treatment usually involves conservative measures, such as rest, ice and taking a pain reliever. In most cases, bursitis pain goes away within a few weeks with proper treatment, but recurrent flare-ups of bursitis are common. If conservative measures don't work, treatment may include:

- Rest and immobilization the affected area
- Anti-Inflammatory medications
- Physical Therapy
- Injection Therapy
- Temporary use of an assistive device
- Surgery-Surgery is rarely needed for bursitis. Sometimes an inflamed bursa must be surgically drained, but only rarely is surgical removal of the affected bursa necessary.