

Bursitis

An information guide



Bursitis

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E). You have been seen today by a doctor or clinician and you have been diagnosed with a condition known as bursitis.

Bursitis is a swelling, inflammation and sometimes an infection. The bursa is a small sac which contains fluid that acts like a cushion between the bone and muscle, tendon, or skin.

Bursitis symptoms:

- Sudden onset of pain to a joint.
- Pain may be achy or described as dull.
- Tenderness or warm to the touch.
- Red, hot, or swollen joint.
- Painful on moving or to touch.

This condition is most common in the:

- Shoulder joint.
- Elbow joint.
- Hip joint.
- Knee joint.
- Heels.

Bursitis can be caused by:

- Sports injuries or other type of injuries.
- Repetitive movement.
- Walking habits.
- Bad posture.
- Stress on soft tissue from abnormal or poorly positioned bone or joint.
- Arthritis related conditions.

How to treat bursitis

- **REST:** For the next 24 to 48 hours rest your injured limb, keeping your affected limb raised up (elevated). Keep gently moving your joint to prevent stiffness.
- **ICE:** Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas are wrapped in a cloth or a towel, ***DO NOT APPLY DIRECTLY TO THE SKIN*** as this could cause a burn.
- **ELEVATION:** Raise your limb when resting, try and elevate your limb above the level of your heart. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.
- Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to the manufacturer's instructions.

Occasionally bursitis can become infected, depending on your symptoms, the doctor or clinician will make the decision on how to proceed with your treatment, you may require:

- Blood tests.
- X-rays.
- Oral antibiotics.
- In severe cases, Intravenous antibiotics and admission to hospital.
- Vary rarely - an aspiration of the fluid from the joint.

If following your discharge home (with or without antibiotics) you develop or notice:

- Increased redness or redness spreading further into the affected limb.
- Significant pain or swelling.
- Still struggling to weight bear or use your injured limb.
- Shivering or feeling cold.
- Temperature/fever

Please attend your local Accident & Emergency Department.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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