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## Bursitis


A bursa is a small, fluid-filled sac that acts as a cushion between a bone and other moving parts, such as muscles, tendons, or skin. Bursitis occurs when a bursa becomes inflamed. People get bursitis by overusing a joint. It can also be caused by an injury. It usually occurs at the knee or elbow. Kneeling or leaning your elbows on a hard surface for a long time can make bursitis start. Doing the same kinds of movements every day or putting stress on joints increases your risk.

Symptoms of bursitis include pain and swelling. Your doctor will diagnose bursitis with a physical exam and tests such as x-rays and MRIs. He or she may also take fluid from the swollen area to be sure the problem isn't an infection.

Treatment of bursitis includes rest, pain medicines, or ice. If there is no improvement, your doctor may inject a drug into the area around the swollen bursa. If the joint still does not improve after 6 to 12 months, you may need surgery to repair damage and relieve pressure on the bursa.

*NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases*

## Start Here

- **Beating Bursitis: Take Care of Your Joint Cushions** [<https://newsinhealth.nih.gov/2019/06/beating-bursitis>]  
 (National Institutes of Health)  
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/como-combatir-la-bursitis>]
- **Tendinitis (Bursitis)** [<https://rheumatology.org/patients/tendinitis-bursitis>] (American College of Rheumatology)  
Also in Spanish [<https://rheumatology.org/patients/tendinitis-bursitis-espanol>]


## Diagnosis and Tests

- **Musculoskeletal Ultrasound** [<https://www.radiologyinfo.org/en/info/musculous>]  
(American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/musculous>]

## Treatments and Therapies

- **Joint and Soft Tissue Injections** [<https://familydoctor.org/joint-and-soft-tissue-injections/?adfree=true>]  
(American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/inyecciones-en-las-articulaciones-y-en-los-tejidos-blandos/?adfree=true>]
- **Joint Injections (Joint Aspirations)** [<https://rheumatology.org/patients/joint-injections-joint-aspirations>]  
(American College of Rheumatology)  
Also in Spanish [<https://rheumatology.org/patients/inyecciones-aspiraciones-articulares>]

## Related Issues

- **Sports Injuries** [<https://www.niams.nih.gov/health-topics/sports-injuries>]  
 (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
Also in Spanish [<https://www.niams.nih.gov/es/informacion-de-salud/lesiones-deportivas>]

## Specifics


- Bursitis of the Hip [<https://familydoctor.org/condition/bursitis-of-the-hip/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/bursitis-de-la-cadera-es/?adfree=true>]
- Elbow (Olecranon) Bursitis [<https://orthoinfo.aaos.org/en/diseases--conditions/elbow-olecranon-bursitis/>]  
(American Academy of Orthopaedic Surgeons)
- Knee Bursitis [<https://www.mayoclinic.org/diseases-conditions/knee-bursitis/symptoms-causes/syc-20355501?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/knee-bursitis/symptoms-causes/syc-20355501?p=1>]

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Effect of radial extracorporeal shockwave therapy combined with evidence-based physical therapy... [<https://www.ncbi.nlm.nih.gov/pubmed/40628437>]
- Article: Comparative efficacy of supra-scapular nerve block, posterior shoulder capsule hydro-dilatation, and... [<https://www.ncbi.nlm.nih.gov/pubmed/40533690>]
- Article: Concomitant Rotator Cuff Tear with Frozen Shoulder: A Contemplation on the... [<https://www.ncbi.nlm.nih.gov/pubmed/40454118>]
- Bursitis -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Bursitis%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- American College of Rheumatology [<https://rheumatology.org/>]
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]   
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

## Teenagers

- Bursitis [<https://kidshealth.org/en/teens/bursitis.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/bursitis.html>]

## Patient Handouts

- Bursitis [<https://medlineplus.gov/ency/article/000419.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000419.htm>]
- Bursitis of the heel [<https://medlineplus.gov/ency/article/001073.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001073.htm>]
- Greater trochanteric pain syndrome [<https://medlineplus.gov/ency/patientinstructions/000777.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000777.htm>]



## MEDICAL ENCYCLOPEDIA

Bursitis [<https://medlineplus.gov/ency/article/000419.htm>]

Bursitis of the heel [<https://medlineplus.gov/ency/article/001073.htm>]

Greater trochanteric pain syndrome [<https://medlineplus.gov/ency/patientinstructions/000777.htm>]

## Related Health Topics

Elbow Injuries and Disorders [<https://medlineplus.gov/elbowinjuriesanddisorders.html>]

Hip Injuries and Disorders [<https://medlineplus.gov/hipinjuriesanddisorders.html>]

Knee Injuries and Disorders [<https://medlineplus.gov/kneeinjuriesanddisorders.html>]

Tendinitis [<https://medlineplus.gov/tendinitis.html>]

## National Institutes of Health

The primary NIH organization for research on *Bursitis* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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