Bursitis

Bursitis is a swelling and soreness *(inflammation*) of a fluid-filled sac (*bursa*) that overlies and protects a joint. It can be caused by injury, overuse of the joint, arthritis or infection. The joints most likely to be affected are the elbows, shoulders, hips and knees.

HOME CARE INSTRUCTIONS

- Apply ice to the affected area for 15 to 20 minutes each hour while awake for 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Rest the injured joint as much as possible, but continue to put the joint through a full range of motion, 4 times per day. (The shoulder joint especially becomes rapidly "frozen" if not used.) When the pain lessens, begin normal slow movements and usual activities.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- Your caregiver may recommend draining the bursa and injecting medicine into the bursa. This may help the healing process.
- Follow all instructions for follow-up with your caregiver. This includes any orthopedic referrals, physical therapy and rehabilitation. Any delay in obtaining necessary care could result in a delay or failure of the bursitis to heal and chronic pain.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain increases even during treatment.
- You develop an oral temperature above 102° F (38.9° C) and have heat and inflammation over the involved bursa.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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