

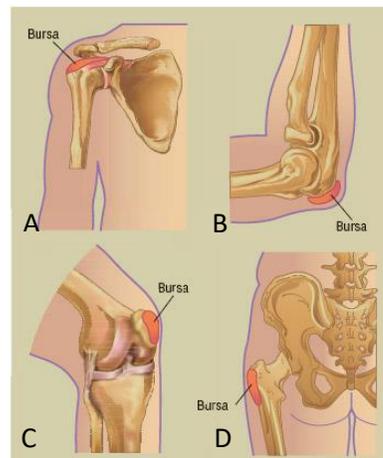


Bursitis

What is Bursitis? Bursitis is an acute inflammation of the

bursa sac. The bursa is a saclike cavity filled with synovial fluid and located at tissue sites where friction occurs, such as where tendons or muscles pass over long prominence. Synovial fluid is the lubricant for your joints and the bursa is a bag that keeps the fluid in the area where it is needed. In certain cases, this bag, or bursa sac, will become inflamed. Some of the most common bursa affected are in the knees, shoulders, or elbows. The inflammation of bursa can be caused by infection, trauma, arthritis or chronic overuse. There are other causes that are still being studied.

Bursitis patients with pain, tenderness, swelling and inflammation will experience a decrease in the range of motion of the effected joint. If due to an infection, the bursitis will cause swelling, redness and warmth. A Chiropractor can adjust the joint affected. If the bursitis is in the shoulder, they can adjust your neck (cervical spine) to remove any local dysfunction that may have contributed to, or resulted, from overcompensating posture. A Doctor of Chiropractic can also use icepacks and/or electrostimulation to reduce swelling. They can then advise you on an exercise program that can help strengthen the area affected. Your Chiropractor can also advise you on nutrition to help expedite your recovery.



Common joints affected by bursitis:

- A – Shoulder
- B – Elbow
- C – Knee
- D - Hip

Causes of Bursitis

The most common cause of tendonitis and bursitis is injury or overuse during work or play, particularly if the patient is poorly conditioned, has bad posture, or uses the affected limb in an awkward position. Occasionally an infection within the bursa or tendon sheath will be responsible for the inflammation. Tendonitis or bursitis may be associated with diseases such as rheumatoid arthritis, gout, psoriatic arthritis, thyroid disease and diabetes.

Clinic Hours

Monday – Thursday

8:00 AM – 12:00 PM

2:00 PM – 5:00 PM

Friday

8:00 AM – 12:00 PM

Come check out all our clinic has to offer, from Chiropractic and Massage care to Conference Room rental! Give us a call!



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208 S. Main St. Omak, WA
(509) 826-2111