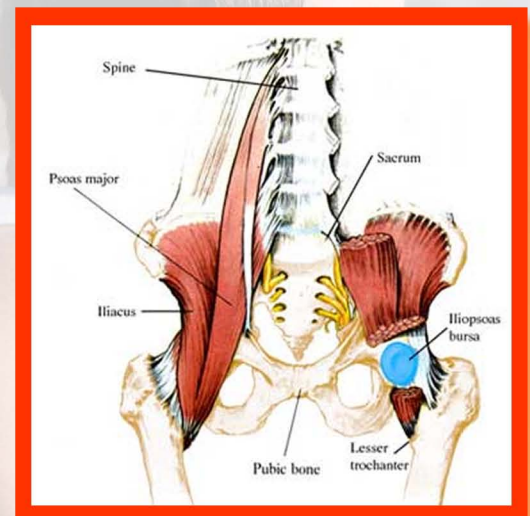
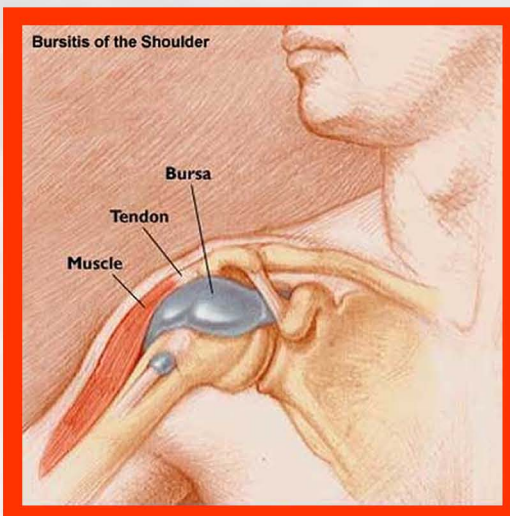




## **BURSITIS**

A Bursa is a fluid filled sac that lies between a tendon and the skin or between a tendon/muscle and bone.

Common sites for bursa are in the shoulder, elbow, hip and knee.



True bursitis is constant pain caused by an inflammatory process within the bursa and will often be associated with other inflammation signs:

- swelling
- redness
- heat
- worse with rest

However often bursitis is actually mechanical (movement) bursitis. Mechanical bursitis can be caused in two ways:

- referral from the spine
- from muscle imbalance problems around the shoulder and lower limb

Often the neck can refer and cause shoulder symptoms and the lumbar spine can refer and cause hip and knee problems.

Repetitive activities (e.g. running) with altered biomechanics and muscle imbalances can cause compression and irritation of the bursa.

# Platinum Physiotherapy



Physiotherapy can help differentiate between the bursitis, referred bursitis or imbalance bursitis, by taking a thorough history and then performing a postural and mechanical (movement) assessment to determine which type is causing your pain.

Make an appointment to see either Kim or Kate if you are:

- having recurrent problems with shoulder, hip or knee bursitis
- are not responding or get only short term relief from cortisone injections
- would like to know what you can do to help solve your problem and pain



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