

# 5 BURSTITIS BASICS

Bursae are the fluid-filled cushions that protect the bones, muscles, and tendons in the body. When the bursae become inflamed, the condition is called bursitis. 5 things to know:



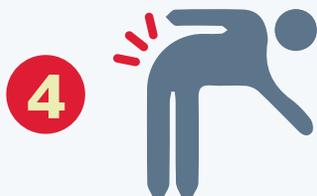
Bursitis typically affects the bursae around joints that consistently undergo repetitive movements.



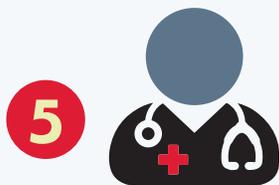
The shoulder, elbow, or hip are most affected by bursitis. The condition can also occur in the knee, heel, and at the bottom of the big toe.



The most common symptoms of bursitis include an achy feeling or stiffness, a swollen or red appearance, and pain when pressure is applied to the affected area.



Identifying the cause of bursitis is crucial. For example, hip bursitis is usually found in cases where hip abductors are weak, therefore repetitive activity causes inflammation of the bursa to try to protect the muscle/tendon from rubbing on the bone.



An orthopedic specialist should be consulted immediately if bursitis has not resolved or has resulted in a loss of ability to move the affected joint, severe pain, excessive swelling, or fever.