

**Boulder Office**

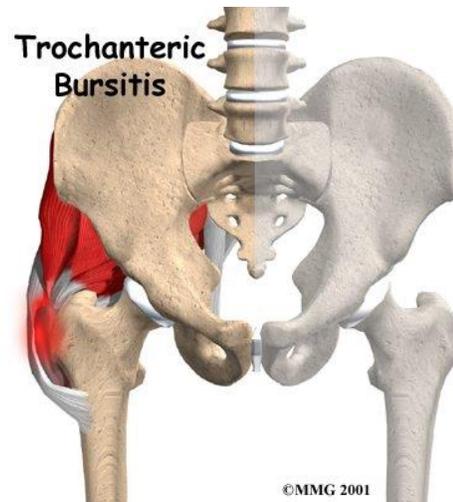
5387 Manhattan Circle #200  
Boulder, CO 80303

**Steamboat Office**

940 Central Park Drive  
Steamboat Springs, CO 80487

## Bursitis

- **Definition:** A *bursa* is a fluid-filled sac that is found near joints where tendons or muscles pass over bony protrusions. Its purpose is to reduce friction between the moving parts of these joints. *Bursitis* occurs when the bursal sac becomes inflamed. You have bursae in your hips, knees, elbows, and shoulders. Each joint has its own, differently named bursa:
  - In the hips, bursae are known as *trochanteric bursae*.
  - Knee bursae are called *pes anserine bursae*
  - Elbows have *olecrenon bursae*
  - Shoulders have *subachromial bursae*



- **Cause:** There are many things that can cause bursitis, or inflammation of the bursal sac. Overuse, trauma, rheumatoid arthritis, gout, and infection are all causes of bursitis. One specific example of a common cause of *trochanteric (hip) bursitis* is sleeping on your side.
- **Symptoms:** Typical symptoms of bursitis include tenderness to touch, pain with movement of the affected joint, swelling and/or redness, and limited movement.
- **Diagnostics:** In order to diagnose whether or not a patient has bursitis, the physician will review medical history and perform a physical examination. Occasionally, x-rays or blood tests are ordered to rule out other causes of joint pain, such as arthritis or gout.
- **Treatment:** Treating bursitis depends on the severity of symptoms. Initially, the patient may be advised to immobilize the affected joint while using ice and anti-inflammatory medications. Physical therapy is often beneficial for trochanteric bursitis. If pain persists, a corticosteroid may be injected around the bursa to directly calm inflammation. In some circumstances, fluid may need to be drained off of an inflamed bursa.
- **Red Flags:** Progressive redness, swelling, pain, fever or recent trauma indicate the need to seek urgent medical attention.