

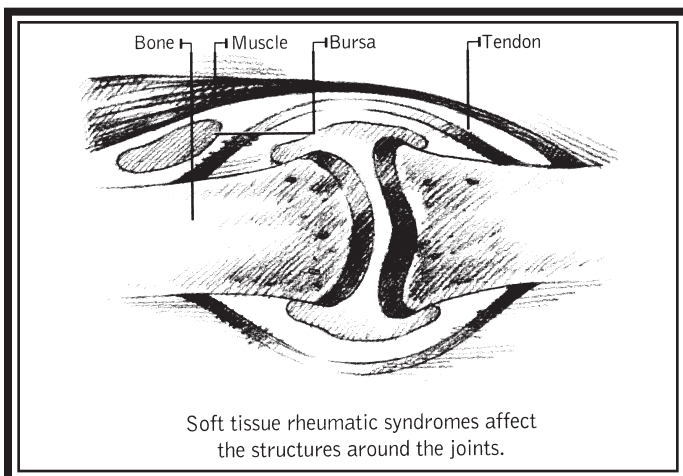
# BURSITIS AND TENDINITIS

This fact sheet was developed from excerpts from the *Bursitis, Tendinitis, and Other Soft Tissue Rheumatic Syndromes* brochure of the Arthritis Foundation.

## WHAT IS BURSITIS & TENDINITIS?

Bursitis and tendinitis are soft tissue syndromes. A syndrome (condition) is a group of signs and symptoms that happen at the same time and point to a problem.

- **Bursitis** is swelling or irritation of the bursa, a small sac located between a bone and muscle, skin or tendon. The bursa allows for smooth movement between these structures.
- **Tendinitis** is swelling of the tendon. The tendon is a thick cord that attaches muscle to bone. Tendons transfer the power made by muscles to help move bone.



## CAUSE

Bursitis and tendinitis are caused by overuse.

## DIAGNOSIS

Diagnosis is based on a physical exam, medical history, and symptoms. Your doctor will want to know

- when you first felt pain,
- how intense the pain is, and
- where the pain is located.

Your doctor will also want to know if you are doing any new physical activities.



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## TREATMENT

Goals of the treatment plan are to reduce pain, swelling, future attacks, joint damage, and to keep you moving about. Your doctor may recommend a combination of rest, splints (to prevent movement of the affected area), applying heat and cold, medicine, and physical or occupational therapy. Sometimes an injection into the effected bursa also helps. You may need to try several treatments before you and your doctor find the best one for you.

## PREVENTION

Prevention is the best treatment choice. Stay away from or change the activities that cause the problem. Conditions such as leg length differences, wrong position, or poor technique in sports or work must be corrected.

**For more information contact:**

**Missouri Arthritis &  
Osteoporosis Program:  
1-800-316-0935**

**or**

**Arthritis Foundation: 1-800-283-7800**

This publication may be provided in alternative formats such as Braille, large print or audiotape by contacting 1-800-316-0935. TDD users can access the above phone number by calling 1-800-735-2966.

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