

# Bursitis and Tendon Injury

## What is it?



- **Bursa**- small sac of fluid that helps the tissue surrounding a joint move easily
  - **Bursitis**- pain redness, heat, inflammation
- **Tendons**- are fibers that connect muscles to bones
- **Repeated**- twisting or rapid joint movements
- **Common**- causes of shoulder pain



## Who does it affect?

- **Affects**- Shoulders, elbow, wrist, tennis elbow, golfer's elbow, hip pain, knee, heel or foot pain

## What are the Symptoms?

- **Pain**
- **Pinching**
- **Stiffness**
- **Swelling**



## What do I need to do?

- **See a Health Care Provider**- for more information
- **Stretch**- before exercising
- **Gradually**- increase the intensity of the activity
- **Cool down**- at end of exercises
- **Avoid**- the activity that caused the injury
- **Strengthen**- and stretch the muscles around the joint
- **Change**- the way you are doing an activity or chore
- **Rest**- the affected area
- **Substitute**- activities without the pain
- **Pain**- apply ice packs until pain is relieved - reduce pain and promote healing
- **See a Physical Therapist**- for Range of Motion Exercises

