



## MICHIGAN MEDICAL REPORT

FROM THE PHYSICIANS AT ST. JOSEPH MERCY OAKLAND

### THE FACTS ABOUT KNEE BURSITIS



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#### BACKGROUND & SYMPTOMS

Knee bursitis is an injury of overuse. This occurs when your knee joint incurs repetition stress on the body's joint, which leads to a painful inflammation.

A bursa is small, fluid-filled sac that provides cushion and lubrication around the tendons and as such, prevents friction between the tendon and the bone. They provide comfort and help your joints move with ease.

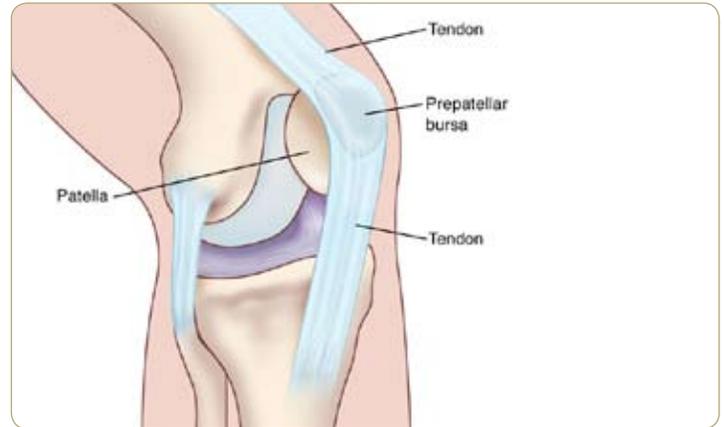
However, the constant rubbing of the tendon over the bone especially in areas that experience a lot of stress such as arms, shoulders, knees, ankles and hips. Bursitis can also occur, however less commonly, in the heel and the base of the big toe.

"Symptoms of hip bursitis can vary from a shooting pain and stiffness around the joint, to an extreme burning in and around the area," explains SJMO Orthopedic Surgeon, Dr. Jignesh Patel. "Knee bursitis is commonly associated with swelling, warmth, tenderness and redness in the knee."

Additionally, knee bursitis can also cause significant pain while walking and can make kneeling unbearable. Additionally, the range of motion of the knee is limited.

#### RISK FACTORS

Those that are involved in a profession or hobby that requires repetitive motion put individuals at risk for bursitis. Additionally, the occurrence of a flare up of bursitis occurs more for individuals in middle age. Furthermore, the presence of certain preexisting conditions such as arthritis, gout or a Staph infection can make one more susceptible to bursitis.



#### TREATMENT

Bursitis can usually be treated with at home means. Simple bursitis treatments include: Resting the affected area, applying ice to reduce pain and swelling, and using anti-inflammatory drugs to relieve pain. Additionally, heat can be applied; stretching exercises and elevating the affected area may also help to heal the bursitis.

These self-care steps usually help to resolve bursitis within a couple of weeks. However, if these measures do not help to relieve the pain please seek medical attention if you experience any of the following:

- Pain that doesn't subside after three weeks of home care
- Sharp, shooting pain that is present especially during times of exercise
- A fever

#### PREVENTION

There are several steps that you can take the will help you to avoid bursitis or to reduce the frequency of occurrences. Some items that will help, include: muscle strengthening, conditioning, frequent breaks from repetitive tasks or activities, practice good posture, avoid sitting for extended periods of time and cushion your joints.

#### REFERRALS

Please contact the SJMO referral line at 800.372.6094 for an Orthopedic Surgeon near you.