



CORVALLIS

pain management

BURSITIS INJECTION

WHAT IS A BURSA INJECTION?

Bursa injections can help soothe joint pain caused by arthritis, bursitis and other painful inflammatory diseases. A bursa is a gel-filled sac that helps muscles and tendons glide over bones. You have bursae in your shoulders, elbows, hips, knees and other parts of your body. When bursae get swollen they can cause joint pain, but a steroid medication injection can help reduce inflammation and alleviate pain.

HOW DOES IT WORK?

The provider will numb your skin with a local anesthetic. Then a thin needle will be inserted into your bursa to inject a mixture of anesthetic and steroid. Some patients report pain relief within 30 minutes after the injection, but pain may return a few hours later as the anesthetic wears off. Longer term relief usually begins in two to three days, once the steroid begins to reduce inflammation. Duration of pain relief is different for each patient. For some, the relief is permanent. If the pain returns, you can have another bursa injection, up to four per year.

WHAT ARE THE RISKS?

The risk of complication from a bursa injection is very low. However, there could be bruising, swelling or inflammation at the injection site. Other potential side effects, albeit they are very uncommon:

- Flushed face
- Slight fever
- Hiccups
- Insomnia
- Headache
- Water retention
- Increased appetite
- Increased heart rate
- Abdominal cramping or bloating

