



Know the facts on

Bursitis

What is Bursitis?

Bursitis is the inflammation and swelling of a bursa. A bursa is a fluid-filled sac which forms under the skin, usually over the joints, and acts as a cushion between the tendons and bones, it is basically like a blister, but one that sits deep to the skin. It can occur across the body in the hip, elbow, knees as well as feet, in the feet bursitis is commonly found at the back of the heel, under the heel, and at the side of a bunion.



www.podsfixfeet.co.uk

What causes Bursitis?

Bursitis can often develop due to injury or repetitive movement, particularly with physical activities such as running. Less commonly, bursitis can develop as a result of an infection or as a complication of other pre-existing conditions.

What will happen if I leave it untreated?

The pain can often improve within a few weeks, but the swelling may take longer to completely disappear. Exactly how long may depend on where the bursitis is and whether it was caused by an infection. If it is Septic bursitis this can lead to additional symptoms and you may start getting flu-like shivers or an infection of the deeper layers of the skin and an accumulation of broken skin over the affected area.



What can help?

Several small things can have a big impact. If you run or walk regularly, make sure your walking or running shoes fit properly.

If you continue having problems with your shoes, a podiatrist will be able to provide a more expert opinion and look at your overall lower limb biomechanics.

What are the treatment options?

Often simple techniques like applying ice packs can reduce inflammation and pain or you can purchase over the counter painkillers. If the swelling is particularly severe, you might consider having the fluid drained in a procedure known as aspiration. This can relieve the pain and improve the joint's range of movement. For persistent symptoms a specialist can inject corticosteroids directly into the affected area.

In severe cases, surgery may be recommended to remove the affected bursa. Surgery either involves removing the bursa completely, or making an incision in your skin and draining the fluid out of the bursa.