

## WHAT IS BURSTITIS?

**By Derek Conte**

Have you ever had what is commonly called tennis elbow, golfer's elbow, miner's elbow or housemaid's knee? These are common names for a painful condition called bursitis or the inflammation of the bursa. When this occurs, daily tasks at home or work or recreational activities can be significantly compromised. The pain and loss of motion can cause one's life to be less full and result in the loss of wages, disability claims or force a change in jobs. Life is so full of wonderful things to do and enjoy, one wants to stay ready for it all.

A bursa is a watery sac, located near joints, surrounding or underlying the tendons on either side of muscles to reduce friction during movement. Symptoms include swelling and intense pain when bumped or when using the muscles associated with the involved bursa. It may be difficult to fully flex or extend the joint. I, myself recently experienced this pain after completely redoing the laundry room including new paint, floors, sink and cabinets. I couldn't flex or straighten my arm



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for a week. The sacrifices we make for our wives!

Trauma, single or repeated, can cause bursitis. Other causes of bursitis include infections such as osteomyelitis (bone infection), cellulitis, tuberculosis, syphilis, rheumatoid arthritis and gout.

Sometimes, overuse of a muscle resulting in abnormally high tension in the muscle can cause so much pressure on the bursa that irritation can occur. Treatments include rest and heat, analgesics for pain, corticosteroids for swelling or antibiotics if the cause is infectious. Therapeutic massage can be very useful in purging the area of toxins, swelling and in relaxing the tone of the affected muscle. Ionic body detoxification might also be useful. Precise chiropractic adjustments to the joints can help irritation caused by bony misalignments. It is important to prevent a chronic situation in which adhesions, calcium deposits and degeneration of the bursal lining may develop.

So get early treatment. Then we can all enjoy doing the things we love to do.

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