



Bursitis Pain

A bursa is like a little balloon full of jelly. Its purpose is to lubricate/cushion joints. There are bursas throughout our skeleton. The bursa pictured on the left above in the shoulder is often a common problem.

When muscles and associated tendons pull on joints too hard, they squeeze the bursa, stretching the balloon like skin. Results? The bursa becomes inflamed and you may feel pain and/or you may see an odd swelling (see picture on right above)

What to do? The muscles/tendons causing the tension on the bursa need to be treated to reduce the pressure on the bursa. The sooner this is done the sooner the pain and/or swelling can be reduced. Massaging the bursa usually does little to help. And can inflame it further.