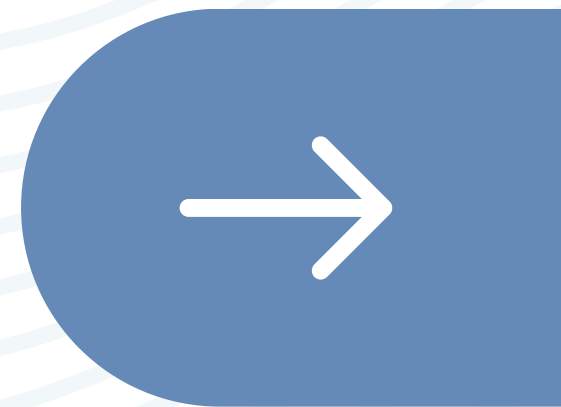




#DIBS BY NEXTILLO

DAILY INFORMATION BULLETIN SERVICE

BURSITIS





#DIBSBYNEXTILLO

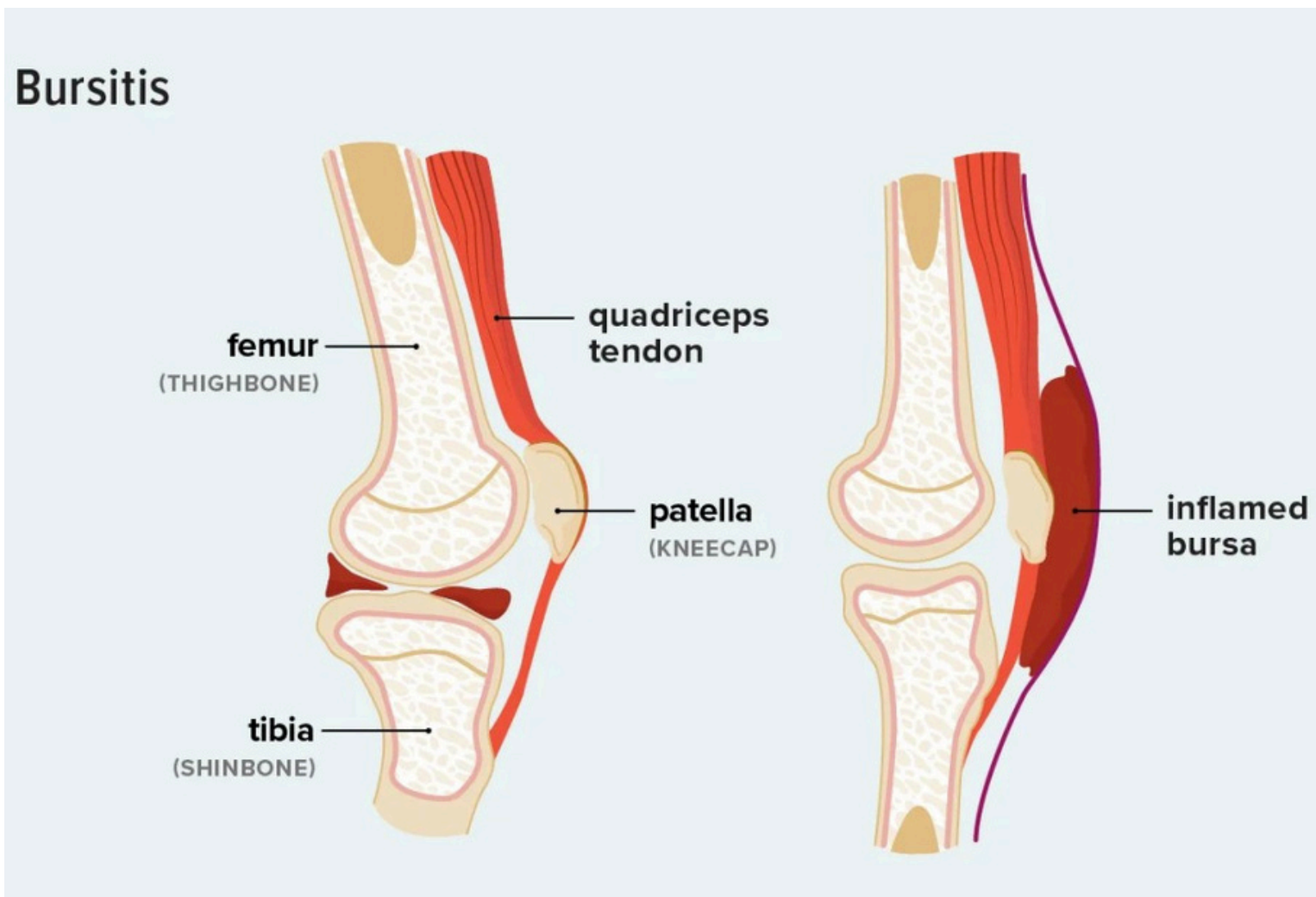
DAILY INFORMATION BULLETIN SERVICE

BURSITIS

Bursitis is an inflammation in one of the small, fluid-filled sacs (bursae) often found near joints in the body. It can be very painful and limit mobility. The inflammation can result when too much pressure is put on one of these sacs (a bursa).



VISUAL REPRESENTATION





BURSITIS

ELBOW BURSITIS

- *Commonly "Miner's Elbow" or "Olecranon Bursitis."*
- *- Results from inflammation in the elbow bursa.*
- *- Symptoms include swelling, pain, and limited movement.*
- *- Rest, ice, and anti-inflammatory medications often recommended.*
- *- Severe cases may require aspiration or surgical intervention.*



BURSITIS

KNEE BURSITIS

- *"Housemaid's Knee" or "Clergyman's Knee" are common terms.*
- *- Prepatellar bursitis (most frequent) causes knee swelling and pain.*
- *- Infrapatellar bursitis affects the area beneath the knee cap.*
- *- Treatment involves rest, ice, elevation, and anti-inflammatory drugs.*
- *- Severe cases may need aspiration or corticosteroid injections.*



BURSITIS

HIP AND LOWER LIMB BURSITIS

- *"Weaver's Bottom" affects the ischial bursa, causing buttock pain.*
- *- "Tailor's Ankle" refers to lateral malleolus bursitis, causing ankle pain.*
- *- Ischial bursitis often results from prolonged sitting on hard surfaces.*
- *- Treatment includes rest, cushioning, and anti-inflammatory medications.*
- *- Tailor's bunionette involves the 5th toe, causing pain and inflammation.*



MCQ

Question: What is the primary characteristic of bursitis?

- (A). Muscle swelling**
- (B). Joint inflammation**
- (C). Nerve compression**
- (D). Bone deformity**

Answer: (B). Joint inflammation