



Bones, Muscles & Joints

TENDINITIS and BURSITIS: THE ARTHRITIS THAT GOES AWAY

Tendonitis and bursitis are conditions that differ from the 100 or so other forms of arthritis in one very important way - they go away. Understanding what causes these conditions and how to take care of them can speed you on your way to a complete recovery.

THE PROBLEM

Atendon is a fibrous cord that attaches muscle to bone. A bursa is a fluid-filled sac that acts as a cushion between muscle and bone, protecting the soft tissue and allowing smooth gliding of muscle over bony surfaces. When a tendon or bursa becomes inflamed, the condition is called "tendonitis" or "bursitis". Because tendons and bursae are often found next to or overlying each other in the body, they may both become inflamed and you may be told you have tendo-bursitis.

THE CAUSE

Tendonitis and bursitis are often associated with overdoing repeated movements (such as hammering, typing, or some kinds of assembly-line work), or with a sudden strong jerky movement. However, there may be no clear initiating factor.

THE TREATMENT

Once the diagnosis is made, your physician or nurse practitioner will tailor treatment to fit your individual needs or requirements. It may include any or all of:

REST

A rest period of 48 hours is usually recommended for severe, acute cases. You will especially need to avoid those activities which stress the area involved and may have caused the inflammation.

MEDICATION

You may be prescribed a non-steroidal anti-inflammatory drug (NSAID) to relieve the inflammation and pain, or you may be offered a corticosteroid injection to the affected area.

THERAPY

Ice, heat, or other modality treatments capable of reducing painful inflammation may also be prescribed. Once your pain has improved, you will be given exercises to restore full movement and strength. The therapist will also show you ways to avoid stress and strain to the affected area to minimize the risk of recurrence.

THE KEY TO SUCCESS

Teamwork between you and your medical caregivers is the key to resolving your tendonitis or bursitis and to preventing future problems. By getting the help you need and then following through on your care plan at home, you can make your tendonitis or bursitis truly "the arthritis that goes away".

If we treat you, we help you for a day.
If we teach you, we help you for a lifetime.

OUR DEDICATED TEAM

Martin J. Poppo, M.D., F.A.C.R.
Robert G. Gray, M.D., F.A.C.P., F.A.C.R.
Scott M. Halista, M.D., F.A.C.R.
C. Bruce Tallman, Jr., M.D., F.A.C.R.
Donald R. Griger, M.D., F.A.C.R.
Gale Mason, FNP, MPH

ARTHRITIS TREATMENT CENTER

3377 Main Street
Springfield, MA 01107-1113
413-734-5661