

**Here at Simply Feet - we like to look at everything in a simple way!**

The Traffic Light symbol above indicates the way you should approach this condition. **Amber means that you can begin treating this condition yourself. However, you should seek professional help if you want reassurance that what you are doing is correct or if the condition fails to improve within a short time.**

So, let's approach your problem in a methodical and logical manner, so that you can gain some knowledge about your condition. After reading a little about it, you can decide on the best course of action.

Remember this advice is for **guidance only** and if you are in any doubt at all, please consult your HPC Registered Podiatrist, Physiotherapist or your GP.

Bursitis

What is it?

This is the swelling of the fluid filled areas that are found in all the body's joints. In or around many joints there is a sac of fluid that helps the joint work. When it becomes inflamed there can be a problem – this is called bursitis.

Some Common Causes

- Unfortunately as we get older our body doesn't have the same ability to absorb shock, and so we become more prone to this sort of condition.
- Twisting or rapid joint movement.
- Overuse of a joint.
- Undue excessive pressure on a joint.
- Repetitive motion (RSI).

The Main Symptoms are:

- Pain and swelling in the joint.
- Heat being felt from the area.
- Muscle weakness.
- Stiffness in the joint, especially after a period of rest, or even complete loss of motion.
- You may have movement in the joint but that may not be a normal range of motion, as the joint may be restricted.

Some suggested treatment programs:

- Rest
- Stop the activity causing the problem
- Apply cold packs to the area – a frozen bag of vegetables is good for this, every 15 minutes to help reduce the swelling.
- Take normal pain reducing remedies as necessary.
- Use felt or gel padding to help reduce pressure around the affected area.
- Wear well-fitting comfortable footwear.