

# Bursitis: Four Signs, One Fix

The four signs that point at the bursa, the five reasons Mayo Clinic says to call, and the rest routine that settles most flares.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & Harvard Health · sources below

**Mayo Clinic says to talk with your healthcare professional if you have joint pain that gets in the way of daily activities, a joint that does not move well, a lot of swelling, redness, bruising or a rash in the affected area, sharp or shooting pain when exercising or overusing the joint, or a fever. Infection is one cause of bursitis and needs treatment rather than rest.**

## ✓ Do This

### Name The Repeated Motion

- Overhead lifting or throwing
- Leaning on the elbows
- Kneeling for long tasks

**COACH'S TIP** Mayo Clinic names all three.

### Rest The Joint Properly

- Modify the activity itself
- Protect it from more damage
- Days to weeks is normal

**COACH'S TIP** Rest is the treatment.

### Pad The Pressure Point

- Kneeling pads for floor work
- Protective gear at work
- Cushion before you kneel

**COACH'S TIP** Harvard names carpet layers.

### Take Breaks From Repeats

- Mix repeated tasks with rest
- Alternate with other activities
- Break up long sessions

**COACH'S TIP** Mayo Clinic lists this.

### Warm Up And Strengthen

- Warm up before hard activity
- Stretch before tough tasks
- Strengthen the nearby muscles

**COACH'S TIP** Both protect the joint.

### Watch For The Fever

- Fever with a swollen joint
- Heat and spreading redness
- Infection is a listed cause

**COACH'S TIP** Call rather than rest.

## ✗ Do Not

### Do Not Assume Arthritis

- Pressure pain points at bursa
- So does swelling you can see
- So does a recent repeated job

**COACH'S TIP** The treatments differ.

### Do Not Work Through It

- The cause has to change
- Otherwise it can run for years
- Months or years, says Harvard

**COACH'S TIP** This is how it turns chronic.

### Do Not Start With Injection

- Rest and modify come first
- Injection is for intense pain
- Or pain that will not settle

**COACH'S TIP** Harvard puts it second.

### Do Not Ignore A Stuck Joint

- A joint that will not move
- Sharp or shooting pain on use
- Bruising or a rash

**COACH'S TIP** Mayo Clinic says call.

### Do Not Carry Extra Weight

- It raises hip and knee risk
- It adds stress to the joint
- Overweight is a risk factor

**COACH'S TIP** Named by both sources.

### Do Not Expect One And Done

- Bursitis often flares again
- Prevention decides how often
- Change the cause, not the pain

**COACH'S TIP** Mayo Clinic is explicit.

## THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

**150+** Bursae in the body, Cleveland Clinic

**Days** To weeks, typical recovery with rest, Harvard

**5** Reasons to call a professional, Mayo Clinic