

Bursitis Management: Strategies for Pain Relief and Recovery

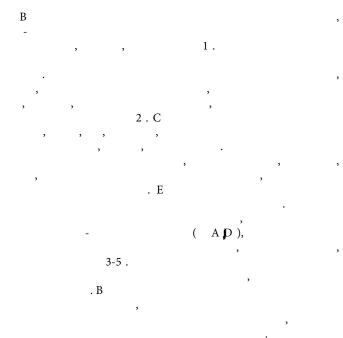
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Abstract

Bursitis is an infammatory condition a fecting the bursae, small fuid-flled sacs that cushion joints and reduce friction between bones and soft tissues. This condition can result from repetitive motion, injury, or underlying health issues, leading to signif cant pain and functional limitations. Effective management of bursitis is essential for improving patient quality of life and restoring mobility. This review explores various strategies for managing bursitis, focusing on pain relief and recovery. We discuss conservative treatment options, including rest, ice application, and nonsteroidal anti-infammatory drugs (NSAIDs), as well as the role of physical therapy in strengthening and rehabilitating a fected areas. Additionally, we examine advanced interventions such as corticosteroid injections and, in persistent cases, surgical options for bursa excision. Understanding the multifactorial nature of bursitis and the individual needs of patients is crucial for tailoring treatment plans. This abstract highlights the importance of a comprehensive approach to managing bursitis, aiming to alleviate symptoms, enhance re á

Introduction



Materials and Methods

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Conclusion