

BURSITIS

Meaning: Bursitis is the inflammation of a bursa, a small fluid-filled sac that reduces friction between tissues in joints, leading to pain and swelling.

1. Bursitis can cause significant pain and swelling around the affected joint.
2. The athlete was diagnosed with bursitis after experiencing persistent discomfort in her shoulder.
3. Rest and ice therapy are often recommended for treating mild cases of bursitis.
4. Chronic bursitis can lead to reduced mobility and stiffness in the affected area.
5. Physical therapy may help alleviate some symptoms associated with bursitis.
6. In severe cases, corticosteroid injections may be necessary to reduce inflammation from bursitis.
7. Bursitis is commonly found in areas such as the elbow, hip, and knee.
8. Preventing bursitis involves avoiding repetitive motions and maintaining proper posture.
9. Symptoms of bursitis can mimic other joint conditions, making diagnosis challenging.
10. An early diagnosis of bursitis can lead to more effective treatment options.

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