

Bursitis

What is a bursa?

A bursa is a fluid-filled soft tissue space between two structures of the body, which allow the structures to slide over one another with reduced friction.

Inflammation of a bursa is known as **bursitis**, and can be a common cause of pain.

What is a bursa injection?

An injection of a small dose of corticosteroid medication and local anesthetic into the bursa can often relieve these symptoms by reducing inflammation in and around the bursa.

The most commonly injected bursas are:

- In the shoulder surrounding the rotator cuff (**subacromial bursa**)
- On of the outside of the hip (**trochanteric bursa**)
- Knee (**prepatellar bursa or pes anserine bursa**)
- Back of the elbow (**olecranon bursa**)

We perform our bursa injections with the help of image guidance: either **Fluoroscopy** or **Ultrasound**.

Fluoroscopic Guidance:

Low-dose X-ray can be utilized during the procedure. It will give your physician a series of real-time images that will ensure proper needle placement into the bursa and avoidance of injury to the surrounding tissues. After the needle is placed, a small amount of contrast is usually injected to ensure the accurate placement of the needle. Once the location is confirmed, medication will be injected into the bursa—usually a mixture of a local anesthetic and a corticosteroid medication.

Ultrasound Guidance:

Ultrasound can also be utilized to guide the needle into the proper location and help to avoid tissue injury. After cleaning the area, your physician will place a small amount of cold ultrasound gel to the overlying skin. Your physician will then apply an ultrasound probe to scan the area, assessing the surrounding anatomy and also locating the specific bursa to be injected. Once the appropriate location is identified, a mixture of a local anesthetic and a corticosteroid medication will be injected into the bursa.

Possible Risks and Complications:

In general, bursa injections are considered to be very safe.

However, as with any minor medical procedure, there are potential risks associated with the procedure. These include the possibility of an allergic reaction, swelling, bleeding, infection, thinning or discoloration of the overlying skin, or tendon rupture at the site of injection. There may also pain, bleeding, or bruising at the site of needle entry. In some cases, there may be worsening or no improvement of your pain.

Through the use of our image guidance and sterile technique, we will take every measure to minimize potential risks and maximize the therapeutic benefit.

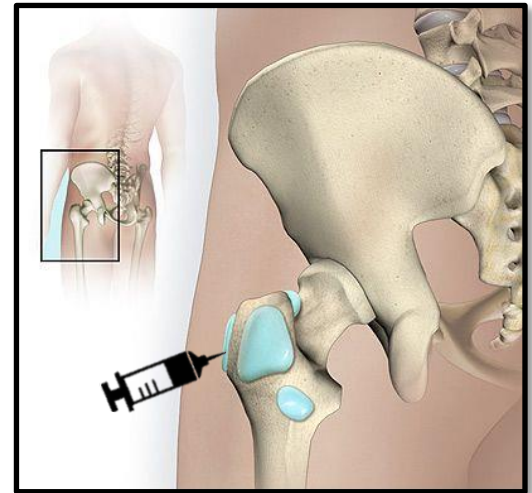


Image adapted from [Mayo Clinic](https://www.mayoclinic.org).