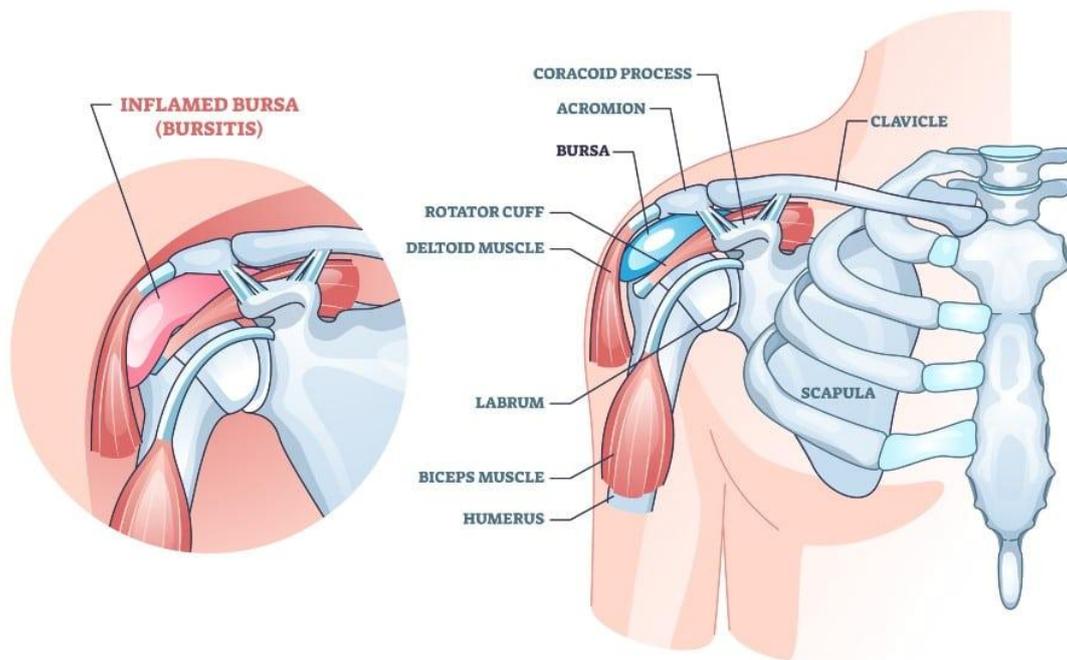


Shoulder Bursitis

SHOULDER BURSITIS



What is Shoulder Bursitis?

Shoulder bursitis is inflammation of a small fluid-filled sac called a **bursa** in the shoulder. The bursa acts as a cushion, helping muscles and tendons move smoothly over the bones. When it becomes inflamed, movement can be painful and restricted.

The most commonly affected bursa in the shoulder is the **subacromial bursa**.

What Causes Shoulder Bursitis?

Shoulder bursitis can develop due to:

- Repetitive overhead activities (e.g. lifting, painting, sports)

- Sudden increase in activity or strain
 - Poor posture or shoulder mechanics
 - Shoulder impingement
 - Injury or trauma (fall or direct blow)
 - Age-related wear and tear
 - Occasionally associated with conditions such as arthritis or diabetes
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Common Symptoms

You may experience:

- Pain on the outer or top of the shoulder
- Pain when lifting the arm, especially overhead
- Pain when lying on the affected shoulder
- Shoulder stiffness or reduced movement
- Tenderness around the shoulder
- Pain that may spread down the upper arm

Symptoms often worsen with activity and improve with rest.

How is Shoulder Bursitis Diagnosed?

Diagnosis is usually made based on:

- Your symptoms and activity history
- Physical examination of shoulder movement and strength

Imaging (such as ultrasound or X-ray) is **not always required**, but may be used if symptoms persist or another condition is suspected.

Treatment and Management

Most cases improve with **conservative treatment**.

1. Activity Modification

- Avoid or reduce painful overhead activities

- Gradually return to normal activities as pain allows

2. Pain Relief

- Simple pain relief such as paracetamol
- Anti-inflammatory medication (if suitable and advised by your GP or pharmacist)
- Ice packs (10–15 minutes, 1–2 times daily)

3. Physiotherapy

Physiotherapy plays an important role and may include:

- Gentle shoulder exercises
- Stretching and strengthening programmes
- Posture advice
- Education on safe shoulder use

4. Corticosteroid Injection

- May be considered if pain is severe or not improving
- Often used alongside physiotherapy

Exercises

Specific exercises will be advised by your physiotherapist. These help:

- Reduce pain and stiffness
- Improve shoulder strength and control
- Prevent recurrence

Do not push through sharp pain. Mild discomfort during exercise is acceptable.



How Long Does It Take to Recover?

- Many people improve within **6–12 weeks**
- Recovery time varies depending on severity, activity level, and adherence to exercises
- Early management usually leads to better outcomes

When Should I Seek Further Help?

Contact your healthcare professional if:

- Pain is worsening despite treatment
 - You have significant weakness or loss of movement
 - Pain is severe at night or associated with fever or redness
 - Symptoms persist beyond 8–12 weeks
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Self-Management Tips

- Maintain good posture, especially at work
 - Warm up before physical activity
 - Pace activities and avoid sudden increases in workload
 - Continue exercises even after symptoms improve
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Key Message

Shoulder bursitis is a **common and treatable condition**. With the right advice, exercises, and activity modification, most people recover well without surgery.