

# Know about Bursitis Knee and its treatment

Bursitis is an inflammatory process of the synovial bag, which is characterized by the formation of exudates and its accumulation in the joint cavity.

## Symptoms of the disease

The severity of clinical manifestations with the development of bursitis depends on the severity of the inflammatory process.



The main symptoms characteristic of [Bursitis Knee](#) are considered to be the following:

- Pain in the area of the affected joint, which intensifies with its movements
- Joint swells
- Local increase in skin temperature over the affected joint
- The work of the limb is impaired due to the inability to perform movements in the joint.

## Causes of the disease

Various causative factors can lead to the development of bursitis. The main ones are the following:

- Injuries, including microtrauma of the synovial bag
- Infectious processes
- Metabolic disorders in the body
- Exposure of toxic substances to tissues
- Increased allergic mood of the body
- Damage by the immune system to own tissues in diffuse connective tissue diseases.

## Diagnostics

A diagnostic search for suspected bursitis involves an objective examination and additional methods. Inflammation of superficially located synovial bags is easily diagnosed. But is also best to consult [Bursitis Doctor In NYC](#). To do this, use:



- Inspection
- Palpation of the affected joint, which reveals rounded formations, accompanied by pain.

In the case of a chronic course of bursitis, an X-ray examination is indicated. With its help you can detect:

- Deposits of Calcium Salts
- Thickening of the synovial bag due to the development of coarse connective tissue.

Also apply:

- Ultrasound diagnostics
- CT scan.

In addition, studies are being conducted that identify the causative factors for the development of bursitis. Therefore, it is recommended:

- Biochemical blood tests

- Serological studies
- PCR diagnostics to identify causative microorganisms.

### **Complications**

The lack of timely treatment of bursitis by **Bursitis Doctor New York**, especially acute, can lead to complications such as:

- Arthritis - inflammation of the joint
- Infection generalization
- The development of persistent contractures of the joint with the loss of its mobility.

### **Disease treatment**

With bursitis, conservative treatment is indicated. It is based on the following provisions:

- Creating rest of the affected synovial bag, and with the same purpose impose a plaster cast
- Non-steroidal anti-inflammatory drugs are prescribed both locally and systemically
- With a pronounced inflammatory process, anti-inflammatory hormonal drugs are indicated that are administered intraarticularly
- After stopping the acute inflammatory response, it is good to use physiotherapeutic procedures.

The development of purulent bursitis is an indication for surgical treatment. It consists in opening and draining the inflamed synovial bag. In the postoperative period, the wound is washed with antiseptics and antibiotics.

### **Prevention**

The main preventive measures to prevent bursitis are:

- Dosed physical activity
- The use of special protective dressings worn on the joint to reduce its trauma
- Correction of metabolic disorders that predispose to this disease, etc.

### **Diet and lifestyle**

The lifestyle for bursitis is to reduce the effects of causal factors on the body. This will prevent the development of the disease or reduce the likelihood of its progression. Nutrition should be enriched with vitamins and protein foods, as it is the building material for damaged tissues.